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T H E
MEDICAL ASSISTANT;

O R

Jamaica Practice of Physic:

DESIGNED CHIEFLY

For the Use of FAMILIES *and* PLANTATIONS.

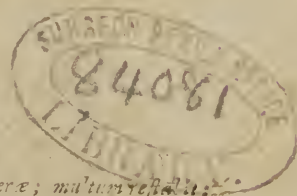
BY THOMAS DANCER, M. D.

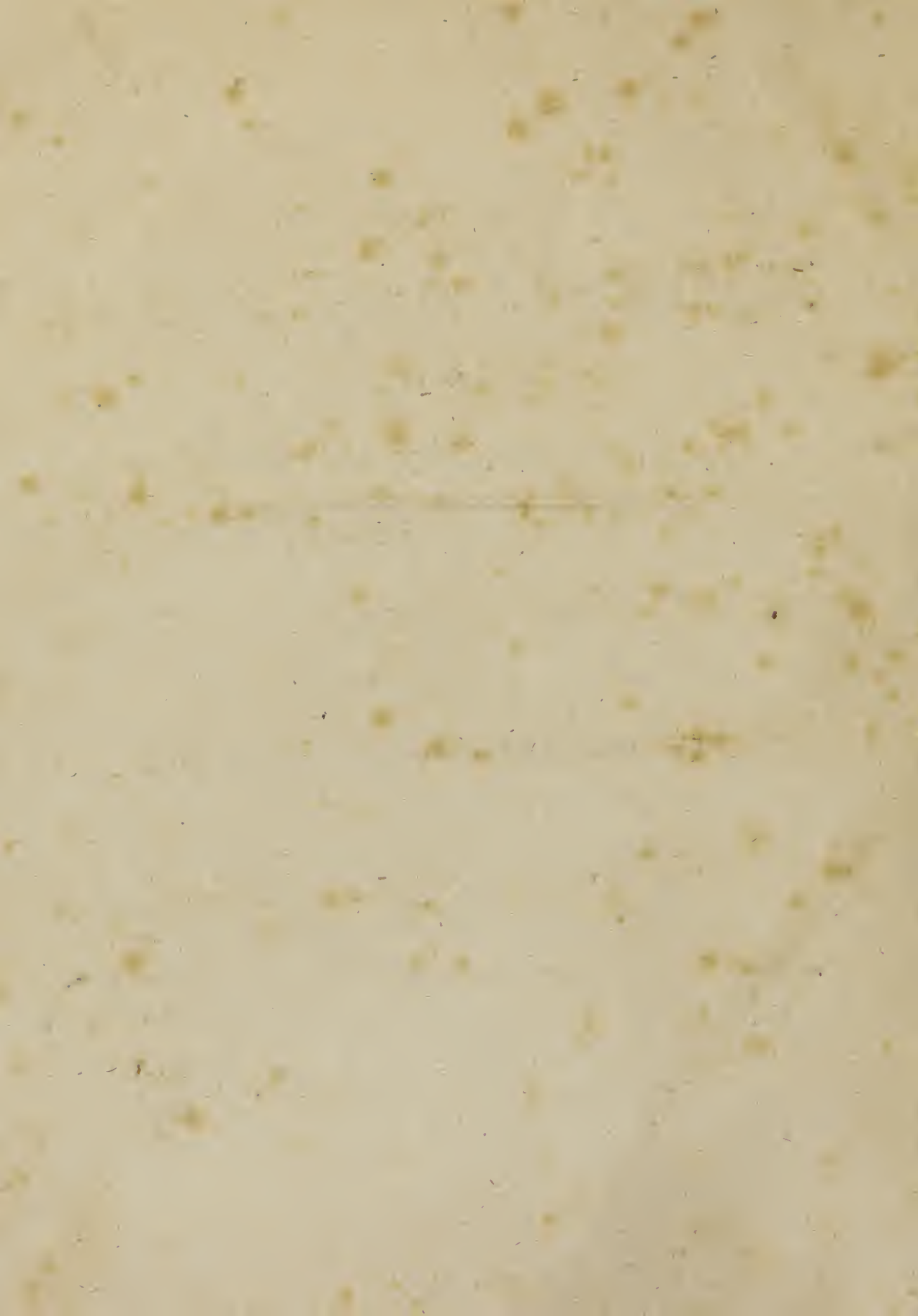
Late Physician to the Bath, and Island Botanist.

*Nam multum egerunt qui ante nos fuerint, sed non peregerunt; multum adhuc restat operæ; multum restat;
neque ulli nato post mille secula prævidetur occ. sibi aliquid adhuc adjiciendi.—SENECA*

KINGSTON, JAMAICA:
PRINTED BY ALEXANDER AIKMAN,
PRINTER TO THE KING'S MOST EXCELLENT MAJESTY.

M.DCCC.I.





TO THE
HONOURABLE HOUSE OF ASSEMBLY
OF THE
ISLAND OF JAMAICA,
THIS WORK,

BY PERMISSION,
IS
RESPECTFULLY DEDICATED,

BY
THEIR MOST OBEDIENT HUMBLE SERVANT,

The Author.

E R R A T A.

Page 1, line 9th, *dele* "contemplation," and read "study."

21, read "Dr. Mitchill."

46, 3d line from the bottom, *dele* "from bile," in this line, and insert it in the next.

104, last line but one, read "Sugar and Water."

120, 4th line from the bottom, *dele* "54" and read "76."

169, *dele* the "No." before "Country Remedies."

243, last line but one, *dele* "caused by," and read "small."

303, instead of "must be," read "should be."

304, *dele* "in the introduction," and read "hereafter."

312, read "Antilysius."

319, Note, (†) read "on account of the noxious exhalations."

354, instead of "with decoction," read "~~or~~ decoction."

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approbation

approbation it has met with from those whom he thinks qualified to decide on its merits, that it will be found an useful one, not only in the hands of those for whom it was primarily intended; viz. those who have Families, or who are entrusted with the charge of Negroes, and who are frequently at a loss for Medical Assistance; but, in some measure so, to Medical Men; at least to such as are newly arrived in the island, and to those engaged in Country Practice; who have, in some situations, but little access to books, and less opportunities for reading.

The Author is well aware of the objections it is liable to, from those who think that all attempts to render Medicine a popular study, nugatory and futile; but he dissents from this opinion. They may not, indeed, be calculated to answer fully the purposes intended, but they are, nevertheless, useful in a great degree, and might perhaps be made much more so, were they not decried; and if they were undertaken not by empirics, but by men of science and ability*. Not to mention the necessity of such Works, for people who *will meddle in Physic*, who will take upon themselves the cure of Diseases, however ignorant and unqualified; they are certainly requisite for others, who are reluctantly compelled to this office,

* The elegant Work of Dr. Thornton, entitled, "Medical Extracts," Dr. Willich's "Lectures on Diet and Regimen," and Mr. Townsend's "Guide to Health," are exemplary proofs of the truth of this observation.

"That prejudice and self-interest will, as long as they are able, endeavour to stem the tide of popular instruction in Medicine, is sufficiently evident; but the necessity and utility thereof are not the less obvious." See Beddoes's Introductory Lecture to a Course of Popular Instruction, in the *Analyt. Review*, January, 1798.

office, from circumstances of necessity. Where Medical Assistance is not at hand, or cannot be afforded, which is not unfrequently the case, something must be done for the relief of pain, and the prevention of danger. A suffering mortal is not to be abandoned, or consigned to misery and death, without any attempts being made by those about him, for affording him relief, because they happen not to be Medical Men, or have not had opportunities of studying Physic regularly. Such a knowledge of Diseases, and their Treatment, as will enable a man to be, on many occasions, useful to himself and others, may certainly be acquired without a regular and scientific course of study. A Book, therefore, like the present one, that may serve as a guide to persons in this situation; that, besides giving general notices concerning health and disease, teaches, in a plain and familiar manner, how to distinguish and treat the prevalent Diseases of the Climate, it is presumed, cannot but prove useful and acceptable, particularly considering that there is no preceding Work of the kind. As to Works of a similar nature in Europe, the Author has to observe, that whatever may be their respective merits, or however useful they may be found in that part of the world, they are not so well suited to this and other Tropical Climates, where Diseases put on a different aspect and character; where they commonly run a shorter course, and have a more fatal tendency; consequently requiring a Treatment very different from that made use of in the same Diseases elsewhere.

The Work being intended chiefly as a popular one, the

P R E F A C E.

Author has endeavoured to adapt himself, as much as possible, to the capacity of common Readers; but, in treating of scientific subjects, it is impossible to lay aside the use of scientific, or as they are called, Technical Terms. These, however, wherever employed, are explained*.

For the same reason, he has avoided Medical Theory and Discussion; but not to degrade the Work wholly beneath the attention of the Professional, and better informed Reader, he has pointed out and referred to most of the new doctrines, discoveries, and practical improvements:

“*Noluit scribere quæ nec indocti intelligere possunt, nec docti legere curarent.*” Cic.

The Introductory Part, which to some persons may appear less necessary, in the opinion of the Author could not have been omitted; but it is very concise; more so than it ought to have been; for a knowledge of the Animal Structure and Economy is indispensable to the right understanding of the different states of Health and Disease; and general doctrines concerning these must, of necessity, precede what more particularly relates to Practice, or the Cure of Diseases.

The

* To write to the absolutely ignorant and illiterate, would be an idle task: Some share of education must be pre-supposed requisite to the study of any subject connected with Science, as Medicine is. To attempt the explanation of any art, without appropriate terms, would be like teaching to read without an alphabet; and therefore, the employment of technical expressions, although it may to some appear to savour of pedantry, is unavoidable, as appears from those being guilty themselves of the practice, who affect to exclaim against it.

P R E F A C E.

The arrangement of Diseases is open to many objections, not being properly Nosological: Regardless of this, the Author has treated them, chiefly according to their importance, their connexion with each other, and the frequency of their occurrence.

In constructing the Formulæ, or in directing the Medicines advised under the various Complaints treated of, he has studied the utmost simplicity, ordering only such things as are possessed of real efficacy, such as are generally at hand or readily procured, and in such a way that they can be easily made up, and administered, without the assistance of any Professional Man. To prevent accidents, the Doses prescribed are rather too small, than too large.

The virtues of the *Officinal*, or Shop Medicines, and the manner of administering them being, in general, better understood, they are, in most cases, preferred; but many of the *Simples* of the Country are endued with considerable efficacy, and may be substituted for the officinal ones; on many occasions advantageously, and on all occasions where the ordinary Medicines are not at hand. A short account, therefore, is given of all the Indigenous Medicinal Plants, whose virtues have been attested by experience; and the authorities on which they are recommended are subjoined, the Author not being willing to pledge his own, except where he has had experience to warrant him.

Having said all that appears necessary in explanation of
the

the Work, the Author has nothing further to add, but his hope, that the favourable expectations which have been entertained of it, may not be disappointed : If any one of superior talents, and of greater experience, will undertake to favour the Public with a more perfect Work of the kind, the Author, so far from envying him, will concur in the general thanks ; in the mean time, he hopes, this will not be found useless. *Si quid novisti rectius istis, candidus imperti ; si non, his utere mecum.*

The Author has to lament that he could not, at the time this Work went to the Press, procure Paper of a better quality . It is nevertheless, hoped, that the real and intrinsic value of the Publication, will not be depreciated by the want of elegance.

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II. Of the WORK:

Concise Description of the several Diseases incident to the Inhabitants of Jamaica, and other Inter-Tropical Climates, with the mode of treating them, either by Officinal Remedies, or the Simples of the Country.

III. Of the APPENDIX.

Part I. Collection of Forms or Receipts for making up the sundry Medicines recommended in the Work.

A Catalogue of such Medicines, in their requisite quantities, as are more especially necessary to be kept in Families, and on Plantations.

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General Index to the Work.

INTRODUCTION.

CHAPTER I.

SECTION I.

NOSCE *teipsum*—Know thyself—is an ancient and sage precept, admitting of various signification, as it relates either to the mind or body of Man; it is in the latter sense to be understood here: A Man, uninformed and incurious about himself and his own conformation, betrays a stupidity that degrades him to the level of inferior animals. The animal machine is a complex and wonderful fabric, the contemplation of which cannot but excite the greatest admiration. We are, according to a Scripture expression, “fearfully and wonderfully made;” and the contemplation of ourselves, will not only impress upon us sentiments of the highest veneration and gratitude towards the Great Architect of our Being, but will prove a source of much rational pleasure. A knowledge of the structure and functions of the human body, is indispensably necessary to all those who make Medicine their study, Anatomy being the corner-stone both to Physic and Surgery; but this is only to be taught by dissection, or less perfectly by engravings, accompanying description, which must be wanting to this.

SECT.
I.

A.

Work.

CHAP. Work. It would, therefore, be in vain to attempt an explanation of the subject at large; but it may, nevertheless, be useful to give a short description of some of the parts of the Human Body, and their uses.

I.

SECTION II.

SECT. THE solid parts of the Human Body are the Bones, Cartilages, Ligaments, Tendons, Muscles, Nerves, and Blood Vessels, &c.; which are variously organised, to serve their several purposes.

II.

The *Bones* (the prop and support of all the other parts) are composed of an earthy matter, and are sufficiently compact for strength; but for lightness are hollow, containing the marrow, to prevent fragility; they are large at their extremities, for broader and more convenient junction; and for easy motion have their ends covered with smooth cartilages, which are lubricated by the Synovia, a liquor poured out from glands placed in the joints. The articulation among the Bones is of several kinds and curious, but unnecessary to be explained here.

The *Muscles* (the Motory Organs) are bundles of parallel Fibres, (constituting what is called Flesh) endued with a principle of irritability,* by which, on the application of external stimuli, or by the energy of

* The Heart and Muscles of Animals retain this property of contracting, from being irritated either by mechanical or chemical stimuli, for some time after death; and it is a question, whether this depends on a principle inherent in and proper to the muscular fibres themselves, similar to that power in vegetables, by which they contract in like manner; or, whether this faculty be derived from the Nerves which go to the Muscles. See *Whytt, Haller, Girtanner, &c.*

I N T R O D U C T I O N.

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of the nerves, they contract, and thereby move the several parts to which, by their tendons or otherwise, they are attached. The Muscles are of various conformation, long, broad, circular, &c. according to their use, and are covered with membranes, interpolated by fat, &c.

S E C T.
II.

The *Nerves* (the Sensory Organs) are a system of white Cords, arising from the Brain and Spinal Marrow, and going thence in fine branches to every part of the body, to give occasion to sense and motion.*

The *Vessels* (or containing parts) are, 1st. Such as convey the Blood to and from the most distant parts of the body; viz. the Arteries and Veins. The Arteries are muscular, and assist in propelling forward the blood: The Veins have valves to prevent the blood from returning. 2d. The Lacteals are vessels which convey the food, when digested into chyle, from the intestines to be mixed with the blood. 3d. The Lymphatics (or Absorbents) are fine pellucid vessels, constructed with valves, which arise from every surface and cavity of the body, and carry the liquor there absorbed to the mass of blood.

The *investing*, or *covering* and *connecting* parts, are the Skin and different Membranes. The Pleura lining the Thorax, the Peritoneum lining the Abdomen, the cellular Membrane interposed every where between other parts.

These are the principal component solids of the body. The fluids are the chyle and the blood, from which all the others, whether of the watery, gelatinous, oily, &c. kind, are formed. Of these we may have occasion to take notice, in treating of the functions.

A 2

S E C T I O N

* The Nerves are the instruments of sense and motion, but in what manner is perfectly unknown. Whether they are tubes, and contain a subtle fluid; or, whether they are cords, conductors, &c. are questions unfit for discussion in this Work.

SECTION III.

I. *Of the HEART, and circulation of the BLOOD.*

CHAP. THE Blood, which, as Scripture says, is the Life, *i. e.* a Fluid absolutely necessary to life, or for nutrition, and the various secretions, is formed from the chyle that enters the subclavian vein, to be carried to the Heart.

I.

The Heart (enveloped in a bag called the Pericardium) is a large strong muscle, with two cavities, called right and left ventricles, to each of which there is an appendage, or another smaller hollow muscle, called auricle; and the circulation is carried on in this manner: The blood, returning from all parts of the body, is collected in the great vein called the Cava, in the thorax, and from thence flows into the right auricle, which, contracting, forces it into the right ventricle;* from hence it is propelled into a large vessel, called the Pulmonary Artery, which, dividing into two branches, carries the blood to each lobe of the lungs; whence returning, by veins, it arrives at the left auricle; which, in the same way as on the right side, opens into the adjoining ventricle; from whence it is propelled into the Aorta, or great artery, to be distributed through the numerous smaller arteries going to all the organs of secretion, and by still smaller and smaller ones, to every the most extreme part: There it is taken up by the inosculating or uniting mouths of the veins, and conveyed back to the heart, to be circulated over again, as before described.

The

* There are Valves so placed as to prevent the Blood returning from the Ventricle to the Auricle.

I N T R O D U C T I O N.

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The uses of the circulation are obviously to furnish the system with fresh matter for the various secretions, and to check the progress of putrefaction, to which the animal fluids have a constant tendency. There is a certain force and velocity in the circulation, that accords with health—but this is very different in different individuals. It is generally slower and stronger in large men; and, in all cases of debility, quicker and weaker. The sanguiferous or circulatory system is that most affected in fevers; in which there is generally first an increased action, and afterwards a diminished one, that succeeds sooner or later, according to the preceding violence of the symptoms.

S E C T.
III.

S E C T I O N I V.

Of the LUNGS, and of RESPIRATION.

WE have seen that the circulation is a two-fold one: 1st, Between the two sides of the heart, or from the right side, through the lungs, to the left side. 2^{dly}, From the left side, over the whole system, to return to the right side. The use of the latter has been explained;—we must consider now, for what purpose the chyle and returning blood are first circulated through the lungs. These are two large lobes, one on each side of the thorax, of a membranous cellular structure, to admit of inflation or distention by the air, in breathing, or respiration. The air, in inspiration, passes from the trachea, or windpipe, through all its numerous divisions, or branches, called bronchiæ, to the cells, or vesicles, which are thereby distended. By expiration it is, in a few seconds, expelled from thence.

S E C T.
IV.

This

C H A P.

I.

This alternate action of breathing, called respiration, we know is essential to life, no animal being able to exist many minutes without air; but the real use of this was never understood, till of late, since the composition of the atmosphere has been made known by chemistry. The common air, or atmosphere, is found to consist of two kinds; one, pure or vital air, called Oxygene, which is necessary to the life of animals; the other, by far the greatest part, noxious, named Azote, because destructive. It was always conjectured that something was taken in from the air in breathing,*—what that something is, is now fully demonstrated—it is oxygene, or pure air; which, mixing with the blood in its circulation through the lungs, changes its colour from a dark purple to a bright red.† No air that does not contain a due portion of this oxygene, is suited to life. Mephitic air, inflammable air, and the several other kinds of air called gases, though they might serve for the expansion of the lungs, are all mortal to animals breathing them.

The Oxygene thus taken in, in respiration, has some intimate relation to the principle of life, for the degree of irritability appears to be always in proportion to the quantity of oxygene.‡ It is on this likewise that animal heat depends—which is principally generated in the lungs.§ Respiration is subservient to several other uses of an inferior nature, which it is of little consequence here to take notice of.

S E C T I O N

* The air was considered, by the most ancient physicians, as the *pabulum vitæ*.

† Dr. Wells, in a very ingenious paper in the Philosophical Transactions, has endeavoured to shew, that the change of the colour of the blood, by the admixture of air or the neutral salts, is more an optical phenomenon than the effect of chemical combination, according to the late Pneumatists.

‡ See Medical Extracts, a very elegant Work, in which the new discoveries in chemistry are explained, and applied to the solution of the several phenomena in the animal economy.

§ On this subject there is much difference of opinion. See Crawford, Girtanner, Goodwin, Saumarez.

INTRODUCTION.

SECTION V.

Of the STOMACH, LIVER, &c. and DIGESTION.

THE body, subject to perpetual waste, requires to be recruited by food; which, to suit it for the purposes of nutrition, must undergo a previous preparation, or digestion, in the stomach. S E C T.
V.

The *Stomach* is not, as some are apt to imagine, a loose floating membranous bag, but a muscular organ; which adapts itself to its contents, so as never to be, strictly speaking, empty; but always more or less distended. From the internal surface is secreted a liquor called the gastric juice, which is of great importance in digestion, being a chemical solvent for our food.* The food, divided, masticated, and mixed with *sal va* in our mouths, descends in the act of deglutition, by the oesophagus into the stomach, at the cardia or superior orifice. Here mixing with the former contents of the stomach, and subject to the action of the gastric liquor, it undergoes what is called Digestion—*i. e.* it is changed into a pulpy mass, which gradually passes over the pylorus, the lower orifice of the stomach, into the duodenum, or first intestine, where it receives the bile from the liver, the pancreatic juice, &c. which are requisite for the further changes it has to undergo.

The *Liver*, the organ destined for the secretion of the bile, does not receive the blood in the usual way of other secretory organs, from the arteries,

* Spallanzani first proved, by experiment, that the gastric juice was a true chemical solvent, and that digestion is a process not carried on by the action of the stomach, its heat, &c. as formerly believed.—Dr. Fordyce will not allow of the word *menstruum* to be applied to the gastric juice, but explains the process of digestion as going on, by decomposition and recombination, in consequence of elective attraction. *Fordyce on Digestion.*

C H A P.

I.

arteries, but from a large vein called the vena portarum, which is distributed through the liver by an infinity of small branches. The bile then is formed from the returning and recrementitious part of the blood, and after secretion is deposited in the gall-bladder; where its qualities seem to be further exalted. The great flow of it in some diseases, and the effect of it changing the colour of the skin, when absorbed into the mass of blood, has made it the subject of peculiar attention. It has been the imaginary cause of a multitude of complaints. That it is never vitiated, is not asserted; but, in its natural state, it is a very necessary liquor for producing, in conjunction with the pancreatic juice, further changes on the digested matter from the stomach. It seems also to be a stimulus for exciting the action of the whole intestinal canal, and may be called a natural cathartic; for, where there is a deficiency of it, costiveness always prevails. The food now being first digested in the stomach, and then mixed with the bile and other fluids in the intestinal canal, undergoes a further assimilation, and becomes chyle:* Which being absorbed by the numerous mouths of the lacteals, opening on the internal surface of the intestines, is conveyed to the glands of the mesentery; where it is diluted by the lymph brought by the lymphatic vessels; and then, after being collected in a general receptacle, goes by the thoracic duct, in an ascending direction, to be poured into the subclavian vein, and mixed with the blood, as was before described. See p. 4.

The *Intestines* are a membranous and muscular canal, of considerable length,† variously convoluted, and having partial or half valves (*valvule conniventes*) for the purpose of giving an extent of surface, and for
retarding

* From an analysis or examination of the chyle, it appears to have an intimate resemblance to milk.

† The human intestines are six times the length of the body.

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retarding the progress of their contents for the necessary time, or till the nutritious part of the chyle is absorbed; after which, the excrementitious residue is propelled forward, by the particular kind of motion which the whole canal is endued with, called peristaltic, to be ejected or thrown out from the body.

S E C T.

Having considered the stomach as the organ of digestion, it is proper to point out its sympathetic connexion with every other part of the system. It is not the *sensorium commune*, but has, through the intervention of the *sensorium commune*, the brain, an universal consent. Any derangement of stomach disorders the whole frame; and, *vice versa*, there are few diseases in which the stomach does not participate*. The stomach too, is the seat of pleasurable sensation, and a certain degree of distention in it, is requisite to strength. Hunger is supposed to originate, either from the stimulating quality of the gastric juice, or else in a sense of the want of distention.

S E C T I O N VI.

On the SECRETIONS *and* EXCRETIONS.

T H E last change our food undergoes, after being converted into chyle, and conveyed into the circulation, is sanguification; or its conversion into blood; from which the nourishment is immediately derived, and from which proceeds all the other fluids of the body. The manner in which nutrition and secretion are performed is not well understood, and is of no great consequence in this place.

S E C T.
VI.

B

The

* See Webber on the connexion of the stomach with the rest of the system.

I N T R O D U C T I O N.

CHAP. The Secretions have all appropriate organs. The Urine is secreted
 I. by the kidneys, which collecting in the bladder, and distending it, is
 discharged thence by the contraction of its muscular coats.

The PERSPIRATION.

THE matter of insensible perspiration, and of sweat, proceed from the minute extreme vessels, opening over the whole surface of the body. This function has always been considered of great importance to health, as serving to carry off the redundant heat, and certain matters which, if retained in the system, would prove noxious.*

The further consideration of the secretions and excretions must be omitted in this concise physiological sketch, which I shall conclude with a few remarks on the Brain and Nervous System.

SECTION VII.

Of the BRAIN and NERVOUS SYSTEM.

SECT. THE Brain, Spinal Marrow, and Nerves, compose what is called
 VII. the nervous system; in which the principle of sense and motion reside. The Brain is the origin from whence all the other parts proceed;—it is here that the mind is made conscious of impressions on the nerves;—it
 is

* Some Physicians are disposed to consider the perspirable matter as an exhalation only of the fluid matter of the body, and that no danger is to be apprehended from its suppression (*see Darwin*); but the contrary of this is demonstrated, both by experi-
 ment

I N T R O D U C T I O N.

1*

S E C T. VII.

is from hence the mind directs its energy, through the nerves to the muscles, to excite motion, whenever the connexion between the brain and any part of the body is interrupted, by compressing or dividing the nerves, the parts to which they lead become paralytic. All the motions, voluntary and involuntary, depend on the nervous influence; but of what nature that is, or how the soul and body reciprocally act on each other, is inconceivable, and must for ever remain so. It is the privilege of the Deity only to know himself, or his own essence. The several senses require distinct organs; but are all ultimately owing to impressions on the nerves. In vision, the optic nerve expanded at the bottom of the eye, is affected by the impulse of the rays of light—in hearing, the auditory nerve is struck by the vibrations of sound, &c. &c.; when either the nerves of these sensual organs are destroyed, or the organs themselves deranged, the particular sense is lost, as we see in Blindness, Deafness, &c.

The *nervous power* is, at different times, in different states; it either exists in greater quantity, or is possessed of more or less activity*. It *seems* (I say seems) to be expended by exertion, whilst we are awake, and recruited during sleep and rest. In disease; it is impaired and diminished, and in death totally lost. All our ideas, thoughts, passions, &c. originate primarily in the senses. Whatever may be the nature of the

B 2

human

ment and fact. The perspirable matter is known to consist of Carbonic Acid, Gas, and Azote, or the same principles thrown off in respiration; and it is therefore easy to account for the bad consequences that follow its obstruction.

* There has been much dispute amongst medical philosophers, whether the excitability, or irritability, or power of contraction in the muscular fibres, depends on the nerves, or whether it is inherent and distinct—See page 6. By some it is supposed that the nervous power is secreted by the brain, that it is expended and accumulated—but this is not a place for the discussion of such intricate and obscure points. See Darwin, Brown's Elements, Haller, Weyt, Girtanner, Med. Comm. 1791.

CHAP. human soul, or how it may act after death, it is evident that in the present state, it depends totally on the corporeal organs.*

I.

Thus I conclude this faint outline of the animal economy; and shall proceed to a subject which may be deemed of more importance, but which, nevertheless, could not be well understood without the previous explanation of the human body, and its functions.

CHAP.

* The Author has no intention here, of alluding to the question of the soul's immateriality: He means nothing more than what is expressed, which must be allowed an incontrovertible fact; *viz.* that the operations of the mind depend on the corporeal organs.

CHAPTER II.

SECTION I.

Of the different CONSTITUTIONS of MEN, and their aptitude to produce disease.

NOTWITHSTANDING men have a common nature, yet among individuals there exists great diversity: No two persons have a constitution in all respects similar—yet amidst much variety (as in the case of the human features), there is to be found a resemblance, and the constitutions have been characterized and classed from the *temperaments*; which, according to the Ancients, are only four; *viz.* the sanguineous, choleric, phlegmatic, and melancholic; these temperaments, as they have been described by the Ancients, are, in the judgment of the best physicians, consonant to nature, and sound observation:—They are thus designated:

SECT.
I.

1st. The *sanguineous temperament* is denoted by light coloured or red hair, soft warm skin, blue eyes, large superficial blue veins, quick pulse, great sensibility, &c. &c. Persons of this temperament are subject to plethora or fulness, which, together with greater excitability, gives occasion to inflammatory disorders, blood spitting, consumption, &c.

2^d. The *choleric* by black or dark coloured hair, dusky complexion, great bodily strength, hot skin, irritability of temper, &c. &c. This temperament also produces inflammatory diseases.

INTRODUCTION.

CHAP.

II.

3d. The signs of the *phlegmatic* are a smooth shining skin, pale complexion, coldness to the feeling, weak pulse, slow digestion and excretions, indolence of temper, inactivity and insusceptibility to all the lively and tender emotions. Phlegmatic people are more particularly liable to asthmatic and dropical complaints.

4th. The *melancholic temperament* is distinguished by a coarse skin, black hair (as in the choleric); slow full pulse, languid digestion, timidity, great thoughtfulness and attention with obstinacy of purpose. Persons of this temperament are liable to low spirits, or the hypochondriacal disease, mental derangement, &c.

These temperaments are constitutional and hereditary, but seldom pure; they are frequently so intermingled and blended together, as to make it difficult to determine which prevails; and the constitutions have therefore been, by the moderns, discriminated in a way perhaps more suitable to ordinary comprehension. The most obvious and striking are the following: 1st. Strong and robust: 2d. The weak and relaxed: 3d. The nervous and irritable: 4th. The torpid and languid: 5th. The bilious: To which are added, the gouty, the scrophulous, the consumptive, and scorbutic; but the latter, though unquestionably sometimes original and hereditary, are perhaps oftener acquired, or depending on habit and accidental circumstances.

The constitutions are distinguished still further, by Age, Sex, the influence of Climate, Habit, &c.

SECTION

INTRODUCTION.

SECTION II.

SEX, AGE, HABIT, CLIMATE.

SEX.—The difference of constitution, arising from sex, is original and permanent, not the effect of education or habit : Men of all countries, and in every age, have been more robust, and endued with greater strength, the result of higher tone, or more rigid fibres ; by which they are rendered more subject to acute and inflammatory disorders, particularly the Gout, which rarely attacks women. Women, besides being of a more lax and weakly habit, are subject to a particular economy, for the purpose of bearing offspring, which lays the foundation for a number of complaints, altogether peculiar to themselves, besides what they undergo from the delicacy of their frame and mobile constitution, as Hysterics, &c. &c.

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AGE.—Great changes take place in the progress of life, from infancy to old age : Children in their tender infancy are extremely irritable, which accounts for all the symptoms which attend their teething, and for most of the complaints they are subject to ; in advancing years they are liable to inflammatory distempers, and such others as arise from the sanguineous temperament, with Plethora ; viz. Fevers, Pleurisies, Hæmorrhagies, particularly from the Lungs, which lays the foundation for Phthisis or Consumption ; this last disease and Scrophula mostly come on about Puberty, hardly ever in advanced life : It is needless to particularize the diseases of middle life, they are such as arise from constitution, accident, and the manner of living ; but old age has its pecu-

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C H A P. II. liar infirmities, a numerous train—*Multa senem circumveniunt incommoda*—
 Rheums—Asthma—Gout—Palsy—Apoplexy, &c. &c.*

CLIMATE.—The influence of climate upon the human body is very considerable, notwithstanding the extraordinary power it has of adapting itself to great alterations of temperature, or heat and cold; cold has the uniform effect of condensing all bodies, and it thereby gives tone and strength; heat occasions relaxation and debility. This is obvious on viewing the inhabitants of different quarters of the globe, and the effects which a change of climate quickly produces. Persons passing from a Northern Latitude to the Tropics, soon experience the enervating effects of heat, and *vice versa*, the feeble and inert natives of the Torrid Zone, in going to a temperate one, attain a vigour and activity not inherent or natural to them. The diseases of cold climates are commonly such as arise from an excess of strength;† those of warm climates are generally occasioned by Relaxation and Debility; Inflammatory Fevers, Pleurifies, Rheumatisms, &c. stand in the list of European complaints.

Amongst

* Few people die absolutely of old age, or without some sickness; it is difficult to say to what term human life might be prolonged, under certain circumstances; the oldest person we have heard of was Henry Jenkins, of Yorkshire, who was 169; a few others have reached 150 and 140, but the far greater part of men die young; out of 1400 not above one attaining to a hundred years of age. A late writer (*Hufeland*), on the subject of Longevity, sums up his remarks by the following one: "*Omnia Mediocræ Optima*. To enumerate all the methods, proposed in different ages and countries, for the renovation of youth, and prolongation of life, would be to give a long catalogue of absurdities; amongst these some of the principal are, by sleeping with young people, as was recommended to King David; by processes in Alchemy, and Astrology, or by Tinctures of Life, Potable Gold, &c. a Delusion that prevailed for a time among all the higher Ranks of People in Europe; by transfusion of the Blood of Young Animals into the Vessels of the Aged." It is a wonder that Oxygene Air has not been found out, in the present day, to answer this purpose, which it probably would, at least as well as Potable Gold. The great Lord Bacon had some ridiculous fancies on this subject.

† The Typhus however is more a disease of cold climate than hot climate, because contagion, on which it depends, is dissipated by heat.

Amongst those of warm climates the principal are, Bilious Fevers—**SECT.**
 Fluxes—Tetanus, &c. A warm climate is propitious to tender infancy **II.**
 and extreme old age;—children in the West Indies are, for the most part,
 very lusty and healthy till they are two or three years of age, when they
 grow thin and weakly: The complaints of old people are much miti-
 gated by a warm climate, which compensates in some degree for its
 baneful influence on health in earlier years, if not by protracting life, yet
 by rendering old age comfortable; the inhabitants of warm climates
 are seldom subject to the Hypochondriacal Disease, or to Depression of
 Spirits; Consumptions sometimes occur, but rarely, in warm climates,
 and those labouring under consumption, by changing to a hot climate,
 obtain, if not a cure, a longer truce, or live for a greater length of time.
 The Scrophula, likewise, which is supposed to be often the cause of
 consumptions, is hardly ever seen in warm climates, at least not in the
 West-Indies.

HABIT.—This too, when long continued, effects considerable altera-
 tion in the constitution, and gives a disposition to particular diseases;
 every class of mankind has a distinct set of maladies, originating in their
 modes of life, and the occupations they follow: The Studious and Se-
 dentary are particularly liable to Indigestion—Flatulency—Costiveness
 —Low Spirits, called Hypochondriasis: The Laborious are in general
 the most healthy part of mankind; that which is the duty of man con-
 stitutes his health, and thereby his happiness; exercise is indispensable
 to the due performance of every function of the body, and cannot there-
 fore be deemed the occasion of any disease, except when carried beyond
 the proper limits; but fatigue and hard labour will undoubtedly lay
 the foundation for many maladies; it must also be confessed, that men
 engaged in the active laborious pursuits of life, though enjoying the
 highest degrees of health, are nevertheless subject to the most acute and
 violent

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II. Many valetudinary people arrive at a good old age, and live to see numbers of their healthy acquaintances go off this stage before them.

CHAP.

C H A P T E R I I I .

S E C T I O N I .

*On AIR, EXERCISE, FOOD, and other things relating to HEALTH,
and its preservation.*

SUCH things as are necessary to the body, and to the maintenance of health, but which do not strictly constitute it, have been absurdly called *Non-naturals*. These are Air, Exercise, Food, Sleep, &c. which from the relation they have to health, and to the prevention of diseases, are an object of consideration prior to that of curing them.

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AIR.—The necessity of air to animal life has been spoken of before, under respiration. The atmosphere, by the many and frequent variations it is liable to, produces sundry effects on the human body. To what has been already said, of the influence of climate, something may be here added. There is what may be called a latitude in the constitution, in consequence of which a certain share of health may be enjoyed, under a great variety of situations. The human body is possessed of the power of accommodating itself readily, or without much inconvenience, to great variations of temperature, or changes from heat to cold, and from cold to heat, provided they are not very sudden. The high degree of either, with which life can consist, is surprising, but there are extremes of both, which prove fatal. There are instances of persons dying suddenly, from what is called a *Coup de Soleil*, or stroke of the Sun; but this is probably not purely the effect of the heat, but from a previous disordered state of the brain; because the degree of heat the

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human body is capable of sustaining, without injury, greatly exceeds that which is produced in the Atmosphere by the Sun's rays.* The stimulus of heat is essential to life, and when withdrawn to a certain point, a mortal lethargy ensues. It seems to be agreed, that though the heat of a warm climate, is in some degree debilitating, from the relaxation and the excessive perspiration it gives occasion to, yet, it is not, of itself, the cause of any complaint;† but when combined with moisture, it is the fertile source of many. To air, either hot and moist, or cold and moist, are attributed Fevers, Fluxes, Rheumatisms, &c. yet not to these perhaps singly or conjunctly, without the concurrence of some other causes. The variations in gravity, or the weight of the air, are likewise supposed to have considerable effects on the human body, but this is not so apparent. If any of the diseases of the human body are connected with the phases of the moon,‡ it is probably in consequence of the augmented or diminished weight of the air, from the different forces of the moon's attraction at its periodical changes. The effects of the air on the human body, are perhaps less owing to its sensible qualities, than to its purity or impurity—to the state of electricity in it, and other circumstances.

Purity of the Air.—The air, as it is well known, admits of various degrees of

* In the experiments made by Dr. Dobson and Dr. Fordyce, the human body was found capable of sustaining, for a short time, without injury, a heat equal to 347 deg. of Fahrenheit's Thermometer, or 135 deg. beyond the boiling point. See *Phil. Trans.*

† Contagion is dissipated by the air of hot climates, and hence the Typhus, or malignant Ship Fever, is found to prevail mostly in the higher and colder latitudes. *Trotter.*

‡ There is much difference of opinion concerning the moon's influence on the human body, in causing the returns of Fever and other complaints: That there is a frequent coincidence between the changes of the moon, and the occurrence or recurrence of diseases, is beyond a doubt; but whether this be not accidental, is matter of great uncertainty. If the moon does exert such an influence, we should expect to see its effects more constant and uniform. See *Mead de Solis ac Lunæ imperio. Balfour on Fevers of Bengal. Lind de Febre orientali.*

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of purity, and has in it many foreign admixtures. Though seldom found too pure, yet a certain degree of purity in it, is supposed not salutary to people labouring under particular complaints, as consumption, asthma, &c. The air of high mountains is not, as it is generally thought to be, always the most pure; but the most unhealthful is that of marshes and swamps.* In dry gravelly (not sandy) soils we find a better air than in rich clay grounds, which retain moisture. New opened lands are always found unhealthful, in consequence of the admission of the sun's rays causing putrid exhalations to arise from the surface. The air of towns is unhealthful, in proportion to the population or number of inhabitants, or depending on situation, customs, &c. Every one knows what malignant diseases are generated in ships, prisons, hospitals, and elsewhere, whenever a great number of persons are crowded together, and where a due ventilation is wanting. This is owing to a depravation of air, or a consumption of the oxygene part of it, and its being loaded with human effluvia: This leads us to take notice of the nature of infection and contagion, and to point out the means of preventing their effects. Infection and contagion are sometimes confounded, or signify one and the same thing;† at other times

* The source of infection can often be traced, but the nature of it remains unknown. At the mouth of a river in the Valteline, the air is so unwholesome, that hardly any one sleeping there escapes its deleterious effects; yet, on comparing this air with that of a high mountain in the neighbourhood, it was found equally pure.

† The nature of contagion is inscrutable. Marsh miasma is supposed to consist of hydrogen gas, which is generated by the decomposition of water in swampy places. The smell of patients labouring under bad fever, in the opinion of some, comes near to that of sulphurated hydrogen gas. *Træter*.—The air found in sick apartments, according to Van Morn, is in part carbonic acid gas, azote, oxygene—sometimes also ammoniacal gas, and a peculiar emanation, which is the source of contagion. This seems to be a combination of hydrogen and carbonic acid gas, holding in solution some part of the animal fluids. *Van Morn Bruffis*.—Dr. Michael is of opinion, that the perspirable fluids, mixing with oxygene, produce the septon or septic acid: *Quære*. If this be true, should not oxygene or pure air, by combining more freely with those fluids, increase instead of preventing contagion? *Med. Comm.* 1799.

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times they have a distinct signification. By the former is understood the miasmata, or effluvia of marshes, swamps, and other unwholesome places; to which are attributed intermittents, bilious fevers, dysenteries, &c. By contagion (understood strictly) is meant that kind of infection which is communicated from sick people, or which is generated in the body; and to this is referred the malignant ship, hospital, or gaol fever.—Marsh effluvia, or infectious miasmata, act only on the spot, or at a small distance, but animal contagion attaches itself to clothes and other matters, which become *fomites*, or means of propagating it more powerfully, than the body from which it proceeded. It is of the greatest importance to know, by what means the progress of infection and contagion may be prevented. Draining and perspiration are the only means for amending the air of swamps and woods.—For purifying the air of ships, hospitals, gaols, &c. the principal means are, 1st. Cleanliness; all the clothes, &c. of the infected person, should be destroyed, or purified. 2d. Ventilation, or a free circulation of air—Fumigation, or the burning of tobacco, oakum, sulphur, aromatic wood,* &c. 4th. Vapours of

* On the use of fumigation in purifying bad air, as also of the employment of the gases, there is much difference of opinion.—Dr. Trotter, reasoning on sound principles, shews that the fumes of sulphur, nitric acid, can have no effect in purifying the air; but, on the contrary, in vitiating it, and generating an air similar to that which was to be purified. See *Medicina Nautica*.—Vaporised water, according to Van Morn, is better than the steams of the acetous or muriatic acid. When the air is surcharged with ammonia, the carbonic acid gas should be employed. *Van Morn*.—Dr. Carmichael Smith's process, made use of by order in the navy, for generating the nitrous acid vapour, is this: Take sulphur three parts, nitre one part; mix them and put them into an iron pot, placed in the middle of the room, on a heap of wet sand; then set the mixture on fire, by placing on the top a live or burning coal. The doors and windows are to be shut.—The vapours of the oxygenated muriatic acid are considered, by Dr. Rollo and Dr. Cruickshank, as much more efficacious than those produced by Dr. Smith's process. The vapours of oxygenated muriatic acid are produced, by mixing together four ounces of common salt, and two ounces of powdered manganese; then adding, by little and little, three ounces of strong vitric acid, or oil of vitriol. See *Philosophical Magazine*, for 1799, Vol. III.

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of vinegar, camphor, nitric acid, oxygenated muriatic acid.—The air, in every climate and situation, is healthful or otherwise, according to the prevalence of particular winds.—Every Englishman knows the effect of the north-east, every Neapolitan that of the *firocco*. The *samiel* and *harmattan* winds are likewise too well known to require description here, as are the moonsoons of India, and the trade-winds or sea-breezes, in the Caribbean ocean. It is by the steadiness and force with which those last mentioned blow, that the climate is tempered, and putrefaction dissipated. In Jamaica, no wind is deemed salutary, but that which is called the sea-breeze, or that setting in from the south-east and north-east sides of the island.*

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I shall conclude what I have to say on the subject of air, by enumerating the several circumstances which are deemed infallible signs of a bad one; *viz.* Quick Putrefaction of Butcher's Meat; Mouldiness of Walls; Falling to pieces of Veneered Furniture; Spoiling of Paper and Books; Presence of a great number of Mosquitoes, &c.† For the particular healthy and unhealthy situations in the island of Jamaica, consult Long, Edwards, Lempriere, &c. &c.

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* Every one knows that the air of the night is less salubrious than the air of the day; it is in some situations extremely noxious, the cause of which has been made apparent by Dr. Ingenhous and others, in their experiments on vegetables, the leaves of which when exposed to light or the action of the sun's rays, give out oxygene or pure air, but at night when the sun's rays are withdrawn, instead of oxygene, they pour out azote or noxious air.

† The rusting of iron has also been considered as a sign of a moist and bad air, but perhaps without the same foundation.

SECTION II.

Of EXERCISE and REST:

CHAP. THESE, by a law of our constitution, are alternately requisite : The
 III. importance of the former, was before taken notice of, but it remains to
 speak of its particular uses, &c. Exercise is a salutary stimulus to the
 whole System, exciting, directly or indirectly, the actions of every part
 of it, and occasioning an increase of all the secretions and excretions :
 Nothing can be more necessary to the *mens sana in corpore sano* : It con-
 tributes no less to the health of the mind, than of the body. The ne-
 cessity of exercise or action, is not only demonstrable from the fabric of
 the body, but evident from the universal practice of mankind, who pur-
 sue it from choice : Labour is its own reward, being always accompanied
 by cheerfulness and health—whilst an inactive and sedentary life, destroys
 not only health but enjoyment. Walking, to those in perfect health,
 is perhaps the most useful species of exercise, as producing the most ge-
 neral effect ; but it is not alike suited to all persons : It tends to acce-
 lerate the circulation too much, to be advisable to consumptive people,
 and is too fatiguing to such as are weakly ; but may be recommended to
 those who are corpulent and phlegmatic. Riding on horseback is more
 generally suited to the cases of people in warm climates. This gives
 motion without too much exertion, and can be longer continued with-
 out fatigue ; it is of chief importance to the weakly and consumptive,
 and to those labouring under visceral obstructions. The *vettio*, or
 riding in a carriage on an easy road, can hardly be of any other use than
 for air and amusement ; the motion of an uneasy carriage, on a rough
 road, I need not say is very unpleasant, but it may also, in many cases,
 be not unattended with danger.

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Navigation, Swinging, &c. cannot, with propriety, be called exercise, but it is nevertheless considered in that light, as having effects somewhat similar, particularly in causing a free circulation through the extreme vessels; by which means, a less quantity of blood is determined to any particular part: It is in this way it proves so beneficial to those who have diseased lungs, *i. e.* consumptive persons—who should consider this as the cure above all others to be depended on, and a pretty certain one, in many cases, if had recourse to at an early period, or during the inflammatory state of the lungs, and if persevered in: As it is not in the power of every consumptive person to undertake a long voyage, Swinging has been recommended as a substitute to Navigation, and is said to have had the same good effects.

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Exercise is improper immediately after repletion; the best times for it are the morning and evening, or before meals, to excite appetite. The benefits arising from it are, in a great measure, proportioned to the pleasure with which it is attended, from whatever source this arises; whether from the country scenery, discourse of companions, &c. An invalid taking a solitary ride or walk, and occupied with the thoughts of the good effects he is to experience from it, will receive none, or very little. Business or amusement of some kind or other, should always therefore form a part in the plan or scheme of exercise.

Of the exercise of the mind, I forbear to speak further, than that it is equally requisite to health and enjoyment, as that of the body;* and when too long continued, is productive of the same fatigue. Nothing is so irksome as a state of vacuity. Mental and corporeal exercises, when alternating with each other, afford mutual relief.

D

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* *Arcum tenso frangit animum remisso.* Bacon.

S E C T I O N III.

*On ALIMENT, or FOOD and DRINK.*CHAP.
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THIS subject is one of the most important that comes under our consideration: It is in the errors and excesses we are guilty of in our manner of living, that a great part of our diseases originates: It is also, by a proper regimen and diet only, that we can get the better of many of the most obstinate complaints. Other animals who, guided by instinct, live according to nature, are exempt from most of those evils that mankind, notwithstanding the superior faculty of reason with which they are endued, bring upon themselves by the indulgence of their appetites. It is perhaps difficult to say, in which circumstance they most offend; whether in the quantity of food taken, or in the variety made use of; but it commonly happens that he who commits excess in one way, does it in both:—Variety forces appetite; persons making use of simple food, rarely going beyond the bounds of moderation. To treat at length on the different kinds of aliment, and prescribe all the necessary rules in their preparation and use, would lead me far beyond the compass of this work; but I shall offer a few such observations as I think most useful.

It was before noticed, that man is by his make and constitution destined to live on a mixed food, not like the carnivorous animals wholly on flesh, nor like the granivorous, &c. tribes, entirely on vegetables, but partly on both. In cold climates, men are more addicted to animal food;

In warm climates, they are led to prefer the use of succulent, farinaceous, and saccharine food; and this, it is presumed, in consequence of natural appetite, which is however often depraved by custom; and therefore we see people following nearly the same modes of living, indiscriminately, in all climates, in the same way as they do the fashions of dress, without any regard either to health or convenience—it is not the office of a Physician to be a satirist or *Censor Morum*—I shall therefore forbear any allusion to local manners, and make such observations only as may serve to direct those who wish to be under the guidance of reason.—It is very difficult to lay down any general rules on this subject: Every man, in respect of diet, ought to be his own physician, or should know from observation and experience what best agrees with him; this, however, is not always the case, as people either do not pay a due attention, or else allow themselves to be deceived by inclination and appetite. Hardly any disease is more difficult to cure than what is called *dyspepsia*, a stomach complaint, attended with acidity, flatulence, &c. and the reason of it is, that patients of this description are never sufficiently attentive to regimen.

Animal Food is the most nutritious; particularly young and gelatinous meats, fish, eggs, &c.; the flesh of old animals, and of such as live in a state of nature, is more easy of digestion in the stomach, but more heating in the system. It must, therefore, be apparent that a plentiful diet of animal food must be ill suited to children and young people; to all who are of a plethoric sanguineous temperament; as also to the inhabitants of hot climates. It is principally suited to the laborious, to persons who have weak digestive organs, and to those of a phlegmatic cold constitution.

Vegetable Food is of a various nature; some kinds of it, as the farinaceous and oily, approach nearly to animal food: The pulses succeed to

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these : Pot herbs, salads, &c. contain but little nourishment, and by the air which they and the different pulses afford, they create great disturbance in the stomach and bowels of some people : This happens in particular to such who have long resided in a warm climate : The watery, saccharine, and subacid fruits, are used more for gratification than nourishment, but they are necessary as antiseptics, or for correcting the putrescency of animal food. The West-Indies afford several examples of fruits, that come more strictly under the denomination of foods, as the bread-fruit, plantain, avocado pear, chocolate, cocoa-nut; the respective qualities and uses of which are sufficiently well known.

Milk is considered as an intermediate food, or one partly animal and partly vegetable—it is the food under the last degree of assimilation, before it is converted into red blood : This is what nature has destined for the first nourishment of all animals of the quadruped kind. To all such as resemble young children in their condition, it must therefore be a suitable food; viz. To extreme delicate persons; to the consumptive; to some kinds of convalescents, &c. &c. but it is not a food affording sufficient nourishment to the laborious; and there are few stomachs with which, pure or unmixed, it agrees, unless it makes a principal article of food : People who live upon milk should, therefore, confine themselves chiefly, if not wholly, to it. It particularly disagrees with bilious people.

Soups and Broths have an approximation to milk; they do not run into putrefaction, on standing, as animal food does, but turn sour : They are suited to weakly people, who require the nourishment of animal food, but who cannot bear the stimulus of solids.

A diet principally of the *Vegetable kind* is best suited to children and
women,

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women, and to both young and old people—that is, to all those who are of a sanguine temperament, and liable to plethora; as also to those of the choleric and melancholic temperaments, who are liable to costiveness, bilious complaints, &c. It is not suited to weakly phlegmatic people, or to people labouring under gouty and dyspeptic complaints.

Cookery is made subservient more to the purposes of luxury than of health and utility, but there is no doubt that it is not only a means of rendering our foods more palatable and wholesome; but when rightly managed, tends to economy.* The preparation of animal food is particularly requisite, sometimes by boiling, sometimes by roasting—the former mode is for the most part preferable: Few even of the vegetable articles of food are capable of being subdued by the stomach, without being previously subjected to some culinary process; in their crude state they would excite disorder, without answering the purposes of nourishment. Cookery then, has its uses; but, who can ascertain the extent of its abuses; or describe all the mischiefs that follow from the indulgence to which it gives occasion? As this is not a place for moral descant, I shall drop the subject; observing only, that a discreet use of the *Condimenta*, or spices and seasoning, is not to be objected to: The practice is universal, and from thence must be considered natural. It is more particularly necessary to debilitated stomachs, and it is surprising the quantity of pepper made use of by some individuals.†

Quantity

* Count Rumford, the great Philosophical Economist, to whom a statue is due for his benevolent exertions and numerous improvements, has shewn what a saving there may be from Cookery.

† Sir Charles Price (father of the late Sir Charles), I have been told, never eat at dinner, less than two or three saucer fulls of the Bird Pepper, or the species of *Capiscum* from which the strongest Cayenne is made.

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Quantity of Aliment proper.—The quantity of aliment required, must be relative to the constitution of the individual, and his manner of life; to the quality of the food used, &c. Any quantity, however small, that exceeds the power of digestion, or that creates uneasiness and oppression, must be considered too much. The quantity absolutely necessary for the purpose of subsistence, is extremely small, as is evidenced in the narratives of persons shipwrecked, and others abandoned at sea; as well as in cases of siege, famine, &c.; but, from habit and usage, people may consume great quantities, not only with impunity, but apparently with advantage; and a reduced quantity would be not sufficient for them.* The custom of taking food at stated meals has prevailed amongst all civilized nations, from time immemorial; and these meals have been pretty generally three; but the principal one, amongst some nations, has been taken at noon, amongst others at night. I know of no rule to be laid down as to this, unless that food is better taken after exercise than before it. An easy and quiet state of the body and mind facilitates digestion. The precipitate cannibal-like ingurgitation of food, or hasty manner of eating of some people, is not only indecent, but hurtful, by creating too sudden a distention of the stomach.

Having digressed too much on this subject, I must endeavour to be
more

* Much of what has been said on the subject of temperance is extremely vague and ill founded. There are no rules but what are entirely relative to constitution, age, and habit; particularly the latter, which makes even the most pernicious things not only innocent, but salutary. This holds in a great variety of instances, in the use of particular foods, in the number of meals, in the time of taking them, in the use of tobacco, tea, coffee, opium, ardent spirits, &c. I mean not to say that no injury will arise in particular cases from the above mentioned causes, but their effects will always be more or less determined by habit. The severe denunciations against tea, coffee, tobacco, &c. both by physicians and moralists, however well intended, are not strictly well founded, for experience does not prove that they are so pernicious as is pretended, and the bad effects they do produce may stand in the place of much worse.

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more brief on that of drink, though it affords occasion for remarks equally, if not more important.

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Drink.—Water is undoubtedly the natural beverage of man, as of all other animals, and nothing else can be requisite for the relief of thirst, and for the purposes of dilution; but the use of wine, and of fermented and spirituous liquors, is not therefore incompatible with health, or unnecessary to it: The abundant provision which nature has made, evidently shews that man was not destined to live within the limits of his absolute wants; and, however much luxury, and the use of the bottle, have been decried both by Physicians and moralists, I do not see that any conclusion is to be drawn against the use of a thing from its abuse. The question is not what is absolutely necessary for man, but what is best for him—although the simple element may, with the generality of people, or such as have never been in the use of any other liquor, conduce sufficiently well for all the ordinary purposes of health, yet there are few that might not be benefited by the occasional and limited use of vinous drink; and to many it is not only allowable, but in a manner indispensable. Health and longevity may consist equally well with various modes of life. They are not the exclusive privileges of water drinkers, but equally of those who drink wine, if they do not drink to excess. It is remarked of those who drink nothing but water, that they have very inordinate appetites; whence an inference, and a just one, has been drawn, as to its salutariness; but at the same time it shews that, where a stimulus of one kind is wanting, another is required. Those with whom water agree, should make it their principal drink, but a total abstinence from other liquors is not advisable, on any sound principle. Persons who use wine, &c. are much less liable to Epidemic Infection; and, upon the whole, enjoy that sort of health which is most desirable, or which consists in an adequate share of strength, united with agility of body
and

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and hilarity of mind. It is not denied, that the same advantages may follow the sole use of water; they certainly do, but not universally; there are many persons who cannot drink water pure and unmixed, without experiencing sudden and great uneasiness; to prevent which, some admixture is required, either of Wine, Ardent Spirits, &c.; but whilst I recommend the use of wine as, within limits, beneficial and salutary, let me not be considered as the advocate for debauch; let me caution against the undue and excessive use of that or any inebriating liquor. Daily large potations of wine and spirituous liquors, of any kind, inevitably and quickly destroy the stomach, occasion obstructions of the liver, and bring on Dropsy. Of the truth of this, there are constantly before our eyes numerous and melancholy proofs, but much fewer than formerly. The pernicious liquor called Grog, the appetite for which so insensibly steals upon people, till they are lost to all hope of reform, is almost out of use. Few persons contracting this destructive habit, after a certain time of life, ever can be induced to leave it off, and they fall, sooner or later, martyrs to it, though not always such early ones as might be desired; some lingering out many years, under a most miserable existence.

Particular Liquors.—Wine is certainly to be generally preferred to ardent spirits of any kind, however pure, or how much soever diluted. Madeira wine preferable to any other, because less acescent and not astringent; astringent wines seldom agreeing with the stomach in hot climates,

Ardent Spirits—Not unsalutary when pure and duly diluted—agree better with some weak stomachs than wine, which is always more or less acescent.

Malt Liquors—When strong and unmixed, are too heavy and indigestible for ordinary stomachs, in warm climates; whence they are accused
of

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of creating bile ; when small, or mixed with water, they are apt to cause flatulence ;—best suited to laborious people ;—to those travelling &c. give great relief after fatigue, and cause sound sleep ;—may be allowed (porter in particular) to convalescents after fever, where there is a strong desire for it.

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Cyder—Perry—Are grateful and salutary where they agree, but there are many on whom they produce disagreeable effects : Of the utility of wine as a medicine, we shall have occasion to speak elsewhere.

SECTION IV.

SLEEP is no less required for repairing the waste, and recruiting the strength, of the body, than aliment. It is during sleep that nutrition principally goes on ; all animals that sleep much are disposed to fatness and corpulency ; but they are less robust or vigorous ; which shews, that though a certain portion of sleep is necessary for repletion, yet too much of it is weakening : It is more necessary to the young than the old : Infants sleep almost perpetually, which is necessary to their growth ; old people, (unless it be the gross, short-necked, and corpulent) sleep but little ; but this, like every thing else, is much under the influence of habit, as we see from the watchfulness of nurses, soldiers on their posts, persons keeping spell on plantations, &c. Sleep seems in general to be less required in hot than in cold climates ; at least the disposition to it prevails less in the former than in the latter. Negroes can bear the want of sleep surprisingly well ; they will pursue their diversions, or travel the whole night, and return to their usual labour at the appointed time, without suffering much apparent inconvenience ; but it is not to be supposed that a

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habit

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habit of this kind can be kept up long with impunity. The alterations of night and day mark the periods for sleeping and waking; and to sit up all night, and to sleep half the day, is surely a violation of nature and common sense. Almost all long-lived people have been in the custom of going to bed by times, and rising early. Occasional sleeping in the day, particularly after dinner, according to the custom of some nations, is not pernicious; but to some persons, particularly to invalids and dyspeptic people, it is recommended as salutary.

SECTION V.

REPLETION *and* EVACUATION.SECT.
V.

A CERTAIN balance is necessary to be preserved between the *Ingesta*, or things taken into the body, and the *Egesta*, or what is thrown out from it by the various excretions, of Perspiration, Urine, Fæces, &c. A suppression or diminution of the ordinary evacuations must give occasion to complaints in various ways. An excess of any of them, whether of Perspiration, Urine, or Stool, must be equally hurtful, by debilitating the Body; but the constitutions of men differ greatly, as to the quantity of matter thrown off by any particular evacuation; some people are little subject to sweat, but have an easy belly; others are costive and perspire greatly. The inhabitants of cold climates are more subject to a costive habit, and have greater strength. Those of warm climates, being more bilious, have generally liquid or soft stools. An open belly is of particular importance to the latter, but the custom of procuring it, by the frequent

frequent use of medicines of any kind, is highly injurious.* It should rather be promoted by the use of suitable food, drinking cold water, and using due exercise.

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A free but not excessive perspiration, is supposed to be of more particular importance to health; and the sudden suppression of it, especially when profuse, is well known to be frequently followed with dangerous consequences. The inhabitants of hot climates are in a particular manner liable to suffer from this cause. People, when heated from exercise, should never cool themselves suddenly, either by opening their dress, or sitting in a current of air. I have known Tetanus and Palsy in many instances brought on by such imprudence. This leads to some remarks on the dress best suited to warm climates, as also to the best modes of constructing houses for coolness. Too thin a dress, particularly of linen, as that formerly in use, subjected people to the powerful action of the Sun's rays on the one hand, and on the other rendered them more liable to sudden refrigeration, or cooling, on entering houses through which a strong current of air generally blows. The greater prevalence of Belly-Ache in former times, has not unreasonably been attributed to this cause. The customs of the present day are in the other extreme: The thick cloth coats, and pantaloons, with boots, thick neckcloths, &c. are a dress better suited to the latitude of Russia than Jamaica; but the empire of fashion† will not be subverted by medical advice; so it will be in vain to recommend any other mode,

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than

* I have known many people fall martyrs to the custom of taking frequently, or as often as they thought they had Bile, either a Vomit or Purge. The remedy is worse than the disease: By this practice the formation of Bile is promoted.

† In one instance reason has obtained the ascendancy over fashion; the use of stays, which served equally to conceal and destroy the shapes of women, is at last laid aside; but a late Writer complains, that the abolition of one bad custom has given rise to another, the wearing the cincture across the bosom instead of the waist.

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than that which the *ton* prescribes.—I may be allowed, however, to observe, that woollen, that is to say, fine flannel or calico, is a better clothing to be worn next the skin than linen. It defends the skin better against the heat and cold of the external-air; and, by absorbing the perspirable matter, carries it off insensibly, without occasioning the disagreeable sensations that arise from cold and wet linen.

What respects the other evacuations may be here omitted, except one, which is of too much importance to be overlooked: What this is will be easily conjectured: * Excesses in it are attended with the worst consequences; *Nemo veneri crebro potest unquam litare*; or, whatever impunity may attend a too free indulgence in sexual intercourse in colder climates, the same is not to be expected here. The appetite may, indeed, be more predominant in warm climates, but the powers of the constitution are not always correspondent to the desires of men, which are frequently forced, or recur only in consequence of a habit of vitious indulgence. The instances of premature old age, in both sexes, which are so frequently to be observed in this and other warm climates, are to be considered, as the effects of precocity, or a too early initiation into the mysteries of Venus.

Quod cito fit, cito perit.

Libidinosæ eximet intemperans adolescentia, effæctum corpus tradit senectuti. Cic.
Commendat rarior usus voluptates.

S E C T I O N

* The indelicate manner in which some Writers have communicated their advices on this subject, is a disgrace to Medical Science;

SECTION VI.

BATHING.—In treating of the several things which have a relation to health, and the prevention of disease, I must not omit Bathing, or Lavation of the Body, which is conducive not only to cleanliness, but to health and pleasure. The custom of it is to be particularly recommended to inhabitants of warm climates, as a salutary and agreeable one, under certain limitations: These are, *1st*. That the person does not expose himself to an ardent sun, or cold wind. *2^d*. That the temperature of the water be nearly the same as that of the Atmosphere. *3^d*. Not to use it after meals. *4th*. Not to remain in too long, nor to repeat it too often. *5th*. To dry the body afterwards. With these precautions, the practice can hardly ever be hazardous to persons in ordinary health; but such as are liable to consumptive complaints, disorders of the Liver and Bowels, &c. should be more reserved in the use of Bathing. The Prickly Heat has been generally considered as a prohibition to Bathing, but on no good or sufficient grounds. I will not however go so far as to say, with a particular Writer,* that it can in no case be attended with bad consequences: Where the efflorescence, or eruption, is very copious and fiery, shewing a tendency to inflammation, it may be prudent to abstain from Bathing, particularly if the bowels are not in a very open state.

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Hot

* Dr. McLean. See *Diseases of St. Domingo*.—Bontius, speaking of the Prickly Heat in the East-Indies, cautions against the use of Purgatives; which he says, are the means of throwing the matter on the Bowels, and causing Dysentery.—*Hoc denique medicos et chirurges obiter monitos volo, ne in his papulis purgationes, quantumvis leves instituant, ne materia acris ac biliosa ad intestina delata Dysenteriam creat; nam ego per incuriam et imprudentiam quorundam, hæc infortunia evenire non semel vidi.* Bontii Hist. et Medic. Lib. ii. 33.

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III.

Hot and cold Bathing are to be considered rather as remedies against disease, than a means of preserving health, and will therefore come under consideration in another place.

Thus I shall conclude the subject of Non-Naturals, and hope that, from the observations I have been led to make, it will be easy for every one to form for himself, such rules as are necessary for the management of health, and guarding against disease, in all circumstances and situations.

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CHAPTER IV.

SECTION I.

ON DISEASES, *their* DISTINCTIONS, SYMPTOMS, &c.

THE common notions of mankind, respecting health and disease, S E C T.
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are sufficiently distinct to render any definition of either unnecessary in this place. There is, perhaps, no such thing as perfect health,* but such a state as admits of the free and easy exercise of all the functions, we agree to consider as such; and any interruption of these, attended with pain or uneasiness, is allowed to be disease. Diseases are variously distinguished, according to their Nature, Seat, Causes, Duration, Termination, &c.

Diseases are, *1st.* Local or general, internal or external.—*2d.* Of the Fluids, or of the Solids.—*3d.* Of the Simple Solids, or the Vital Solids; *viz.* the moving powers. They are either Sporadic, affecting individuals only; Endemic, affecting numbers at the same time; or Epidemic, infectious and contagious, and general: Further, they are hereditary, proceeding from parents, or arising out of some particular conformation or constitutional temperament, as Gout, Sciophula, Consumption, &c. Again they are, Acute or Chronic, Inflammatory, Nervous, Putrid, Convulsive, Spasmodic, &c.†

One

* The observation in morals holds with regard to health:—*Nemo sine vitii nascitur; optimus ille qui minimis urgetur.*

† Men derive a particular disposition to certain diseases, from their trades, occupations, profession,

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One of the most important distinctions in diseases is, that of their being idiopathic; that is, primary or original, or sympathetic, *viz.* (Symptomatic). It is well known that there is an universal consent between the several parts of the body, so that no one can suffer alone; but this consent is more observable in some organs than in others; the Stomach, in particular, sympathizes with almost every other part, so that sickness and vomiting may be symptomatic, or, arise from a great number of different causes, affecting different organs; *e. g.* from affections of the Brain, as in Vertigo; Fractured Skull; from affection of the Kidnies, in the case of Stone; from the repulsion of Gout, &c. &c.

The same sympathy can be traced between the uterine and genital organs, with other parts of the system; and, in an infinity of other cases, to trace which would require a separate publication.

Nosologists have endeavoured to class diseases according to their nature, or proximate cause, but the task is difficult, and it still remains a matter of great nicety to discriminate complaints with accuracy: This can only be done by strict attention to the several symptoms, by comparing these together, and considering at same time the age and constitution of the patient, the state of the weather, the endemic or prevailing complaints of the season: *e. g.* Supposing a patient has symptoms of Sore-Throat, the questions to be asked are; is the patient a child or an adult; a man or a woman; robust or weakly; is there much or little difficulty of swallowing; any external redness or swelling;—is the weather cold or hot; wet or dry;—is Sore-Throat a prevailing disease; is

profession, and manner of life: The studious and sedentary are liable to one class of disorders—the labourer and mechanic to another. In this island, the persons most subject to be cut off by fevers and other acute complaints, are the mechanics, and medical men, who are more than any other description of people exposed to the inclemency of weather, night air, and fatigue.

is it attended with ulcers, and has it proved mortal? From a due attention to these several circumstances, a proper judgment may be formed of the nature of the disease, and a right mode of treatment fixed on; —for the means proper for curing inflammatory Sore-Throat, would be highly improper in the putrid kind; which is known and characterised from the inflammatory, by its being a disease that principally attacks children, women, and weakly people; by its not being usually attended with any great difficulty of swallowing, but with external swelling, scarlet eruption, and ulcers internally, &c.

S E C T.

I.

It is in every case requisite to compare one disease with another, to which it may have any resemblance, that the real complaint may be understood; otherwise the cure prescribed must be at best precarious and uncertain, and may be dangerous.—It is here the medical man of experience shews his superiority: Whilst a common observer is puzzled and confounded by the number of seemingly contradictory symptoms, a skilful practitioner sees, at a single glance, the disease, and directs the cure on safe and certain principles: This is an art not to be acquired without much observation, and shews the impossibility of rendering medical knowledge general, unless within narrow limits.

I cannot here enter largely into the consideration of diseases, according to their numerous divisions, causes, &c.; but I think it will be particularly useful, to assist the judgment of the unskilful, in shewing how the nature and the danger of diseases are to be ascertained and estimated, from the prevailing symptoms.

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THE symptoms, or the signs, by which diseases are known, are such as regard chiefly the circulation, the respiration, the senses, the secretions and excretions, the heat of the body, &c.

PULSE.—It is by the force and frequency, &c. of this, that we judge of the action of the heart, and estimate the violence of the disease; but there is much difficulty in doing this.* The Pulse is so very different in different people, that to be able to make any proper judgment from it in illness, it is necessary to be acquainted in some degree with the natural standard of it. This may, in many cases, be guessed at from the make and constitution of patients. Tall and large men have commonly a slow but strong Pulse: Short people, one that is quicker: The Pulse of women, children, and delicate persons, is either quick and weak, or slow and weak. The Pulse differs in the same persons at different periods of life; in juvenile life it is stronger and quicker, in old age slower and weaker. The Pulse varies at different times in the day; being slow in the morning, fuller at noon, and quicker in the evening. In some persons, the slightest indisposition affects the Pulse considerably. The Pulse likewise varies sometimes in different sides of the body.†

From these circumstances, independent of many others which might be

* The observations of Solano, Bellini, &c. are, according to Dr. Heberden and Dr. Cullen, fanciful.

† A person labouring under Rheumatism, had a Pulse in one arm only 50, whilst in the other it was 80. See Zimmerman on Experience, Vol. I. p. 285.

be mentioned, the difficulty of judging from the Pulse must be sufficiently apparent: It is however necessary to attend to it, as useful conclusions are to be sometimes drawn. The Pulse, when stronger, harder, fuller, and quicker, than in health, shews increased action in the arterial system, and that the disease is of the inflammatory kind. A Pulse, more or less of this sort, is observed in the beginning of most fevers, in all local inflammatory affections, &c. and is considered as a proper indication for blood-letting; but there are, however, certain exceptions.

A Pulse the contrary of the former; *viz.* a soft, slow, weak Pulse, shews debility, or the want of due strength and excitement;—this is occasioned by great discharges of any kind, or by long illness.

A quick and weak Pulse, of all others the most dangerous, shews great irritation, along with great debility.—A soft Pulse, though in general a mark of debility, attends some inflammations; *viz.* Of the Bowels, Putrid Sore-Throat, &c. An intermitting Pulse shews irregular excitement, and is in general considered as an alarming symptom, but it is not always so. Some persons are subject to it, and it is frequently observed in hysterical affections, in Dropsy of the Thorax, &c.

There are many other kinds of Pulse that might be pointed out; but, as it is not from the Pulse merely that our indications are to be taken, I shall go on to speak of other circumstances to be at the same time considered; *viz.* The heat of the body, which is generally in a ratio, or balance, with the circulation. Great heat commonly accompanies a strong and quick Pulse; but when it accompanies a soft and quick Pulse, as in malignant fevers, it is more dangerous.

A cold skin shews diminished arterial action, as in the beginning of

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intermittents, or general debility, as in persons worn down by Chronical Fluxes, &c. Cold sweats are the effect of weakness, and in fevers of continuance, dangerous. Sometimes, however, they attend a favourable crisis in remittent fever. Heat and redness are the marks of local inflammations. The heat of particular parts is an indication of certain diseases—as of the palms of the hands and cheeks, in consumption and hectic fever.

The respiration is variously affected by disease—in health it is slow, equal, and easy, but its being not much altered is no proof that the patient is not in danger. A great respiration denotes nothing dangerous, but a small respiration is highly alarming, particularly when quick at the same time. A slow respiration sometimes precede Hysterical Fits, &c. A great and quick respiration attends fever and inflammation, delirium, &c. Laborious breathing, with elevation of the shoulders and rattling, shews suffocation from serous or mucous effusion, &c. into the Lungs, as in Peripneumony, Asthma, Croup, &c. Interrupted respiration during sleep causing the patient to awake suddenly, with fright, is a sign of Hydrothorax. In Apoplexy, and after large doses of Opium, the breathing is slow and large, with loud snoring.

The state of the Brain and external senses is an object of great attention under disease. Febrile disorders generally commence with some affection of the head, as Vertigo, or pain accompanied by weariness and sickness at the stomach. Delirium is of two kinds; either violent, from too great determination to the head, and consequent excitement; or else low wandering delirium, from deficient or irregular excitement; the former attends inflammatory diseases, madness, &c.; the latter, as likewise coma, or sleepiness, nervous fever, &c. The latter species of delirium is in general the most dangerous, though the former frequently

quently terminates in the latter. Too great acuteness, and on the contrary torpor, in the external senses, are opposite states corresponding with the two species of delirium. Watchfulness, great sensibility to light, sound, &c. are marks of great excitement and irritation; *vice versa*, Dimness of Sight, Dullness of Hearing, Torpor and Sleepiness, shew a deficiency of nervous energy, and are dangerous symptoms.

The temper of mind, and the state of the passions, have a great connexion with certain diseases. Under some complaints, as Hysteria, Epilepsy, Gout, &c. the mind is extremely irritable;—in melancholy, the mind is susceptible of hardly any impression but from fear;—consumptive patients have seldom any apprehension of their own danger, whilst Dyspeptic and Hypochondriac persons, in the language of St. Paul, used in a very different sense, die daily, or live in constant fear and apprehension of death, whilst enjoying apparent good health.* This is the curse of the opulent and indolent, and an infinitely greater one than any that results from poverty and misfortune.

The perspiration in disease is sometimes in the excess, and sometimes defective; in all febrile complaints the skin is, for the most part, dry and parched; a sweat breaking out is often a crisis. Excessive sweats, called Colliquative, such as happen in consumption, soon wear down the patient. A particular smell attends the perspiration in certain diseases, particularly at the crisis; which is well known to experienced nurses and practitioners.

The Urine undergoes several alterations in disease. In the commencement of fevers, it is commonly high coloured and turbid, but in slow nervous fevers, pale: Towards the conclusion of fever it becomes cloudy, and

* This is strongly depicted in Mr. Hayley's character of Ennui, which I am sorry I cannot with propriety quote.

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and deposits a sediment, which is often a sign of crisis. In Hysterical Paroxysms it is copious and limpid : In Dropsies, in small quantity and high coloured : In Diabetes it exceeds in quantity the liquor drank, and is of a sweet taste, containing real sugar. In Jaundice it is yellow, from the bile admixed with it. Sometimes it contains a great quantity of mucus, secreted from the coats of the bladder, in what is called the *Catarrhus Vesicæ*, or *Cystinhea* ; and, in cases of internal suppuration, the purulent matter absorbed is frequently thrown off with the Urine. In the Gravel and Stone, the sediment is gritty. These are perhaps the only appearances in the Urine, from which any judgment can be made, respecting the nature and danger of any complaint. The skill of Urine Doctors, in whom the ignorant have so much faith, is all pretence and imposition.*

The *Stools* are sometimes, as in Cholera, indurated ; or liquid and bilious, as in *Cholera Morbus*, *Diarrhœa*, &c. ; mucous, slimy, and bloody, as in Dysentery, and the Piles ; white or chalk coloured, as in Jaundice, from having no admixture of bile ; or offensive, black, and putrid, from internal hæmorrhagy ; green, from too much bile and acidity in the stomach, as in children. The crisis of fevers is often attended with a looseness, as well as flow of urine and sweat.

The matter thrown up in *Vomiting*, is also of a various nature ; it is sometimes watery, consisting only of mucus or gastric juice ; at other times, this is mixed with acid or bile, or tough phlegm from bile ; it is either yellow or green, and sometimes black. Pure blood is also sometimes thrown up from the stomach. Physicians are not agreed in their
opinions

* If it was consistent with the nature of this work to indulge in pleasantry, a number of ludicrous anecdotes might be here related, of the artifices and detection of these impostors.

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opinions concerning the nature of the black vomit in Yellow Fever, but it seems most probably to be blood effused into the stomach, and which has undergone a partial decomposition.

The matter of *Expectoration*, or that which is thrown up from the Lungs, is mucus; sometimes very acrimonious, as in Catarrh and in Whooping Cough; tinged with blood, as in inflammations of the lungs; or pure blood, as in Hæmoptoe; lastly, purulent, as in consumption. A free expectoration is of great service in Pleurisy, Asthma, Croup, &c.

It is usual to examine the state of the *Tongue*, in all febrile diseases, which is generally dry, and furred or covered with a crust; this is, in inflammatory complaints, white; in putrid ones black. When the Tongue grows clean and moist, it is a favourable sign; on the other hand, when, from being white, it grows blacker, and the gums and teeth, at the same time, put on the same foul appearance, it is a mark of a bad disease.

There are numerous other circumstances to be attended to, in forming a judgment of a patient's complaint; as his physiognomy or look; which, in some cases, as Consumption, Fever, &c. is strongly characteristic; his appetites and inclinations; his posture, or manner of lying in bed; the state of the eye, &c. but to dwell on these, would be to digress too widely: I shall therefore go on to conclude this introductory part, by a few observations on Medicines, and their operation.

SECTION

C H A P T E R V.

S E C T I O N I.

On REMEDIES, their several KINDS and OPERATION.

S E C T.

1.

WHATEVER operates on the body in a diseased state, so as to produce a change of any kind favourable to health, is medicinal: Exercise, Regimen, &c. &c. may be therefore included in the list of Medicines, though not a part of the *Materia Medica*.

The substances employed in Medicine are taken from each of the three kingdoms, Fossile, Vegetable, and Animal, and act variously, according to their appropriate qualities, either chemically, or mechanically, but much more generally by their specific power, with respect to the living principle.

Medicines are considered as acting on the solids or fluids, but principally on the former, as the state of the fluids depends on the action of the solids, though not entirely; for the nature of the aliment constantly used, will certainly occasion a particular state of the juices, either bland or acrimonious. Some medicines, as Astringents, are thought to act on the simple solids, in condensing and hardening them, in the same way they tan leather: On the contrary, Emollients relax and soften; others act as Stimulants, exciting motion in the whole system, or in particular parts only: Tonics are such as increase the force and vigour of the system: Sedatives and Antispasmodics, such as allay excessive and inordinate

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inordinate motions. To one or other of these heads may be referred the action of almost every remedy. S E C T. I.

Evacuants, as Vomits, Purges, &c. produce their effects by a local action, which may be either stimulant or sedative, or of a peculiar kind; for the *Modus operandi* of Medicines is not well understood.

I shall premise the few short remarks, which I think it may be useful to make on the use of several classes of Medicines, by saying a word or two on Blood-letting; which, though not a pharmaceutical subject, is a therapeutical one of great importance, that may here come not improperly under consideration.

S E C T I O N II.

On BLOOD-LETTING.

THE primary effects of Blood-letting are to diminish Plethora, *i. e.* to lessen the quantity of blood, and take off the fullness and tension of the system; its secondary effects are, to moderate the action of the heart, lower the pulse, and weaken the moving powers: Hence the uses of Bleeding are to be understood. It can only be indicated where these ends are to be obtained; and, if employed improperly, will always have bad effects. It is a question whether it should ever be used in general fever, or in fever not attended with local affection—even in cold climates, but more especially in warm ones—but in all cases of local inflammation, it is more or less requisite, and sometimes indispensable, as

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for

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for instance, in Pleurisy, Rheumatism, Inflammatory Sore-Throat, Inflammation of the Bowels and Kidnies, first stages of Consumption. It is sometimes useful in Spasmodic complaints, as Asthma, Hysteria, and Epileptic Fits, which are aggravated by Plethora, or full habit. It is also necessary in some cases, for restoring suppressed eruptions (exanthemata); and evacuations, as the catamenia in robust females. Blood-letting cannot be considered so generally useful in hot as in cold climates—it agrees better with middle-aged people, than with the very young or old, though old people often suffer from Plethora. It produces the greatest effects when from a large orifice. Such persons as are liable to faint should be bled in a recumbent posture, and from a small orifice.

The quantity of Blood should be in proportion to the violence of the symptoms,* the age, constitution, &c. It is better to repeat the operation, than to take too much at once; the propriety of the Bleeding already performed, or of further Bleeding, can be in some measure determined from the appearance of the Blood drawn; which, in cases of inflammation, is sizy, *i. e.* is covered with a firm coagulum, or buff-coloured coat, swimming in a great proportion of serum.

Blood

* There is a very important observation to be made respecting the quantity of Blood necessary to be drawn; *viz.* that the good or bad effects of Bleeding are not in a ratio with the quantity taken, *e. g.* Supposing a patient had experienced great relief in any complaint, from the loss of a large quantity of Blood, as 16 or 20 ounces, we are not thence to conclude, that he would have experienced a proportionate relief from a smaller quantity. Dr. Gordon says, that in the Puerperal Fever the taking away only 8 ounces of Blood always proved fatal, but bleeding to 20 or 30 ounces never failed to save the patient. Dr. Sydenham makes the same remark on Bleeding in the Pague. On the same principle, Dr. Jackson bled in the Fever at St. Domingo to 30 ounces. And Dr. Rush has strenuously defended this practice of Bleeding copiously, in the Malignant or Yellow Fever of America.

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Blood is best drawn, as nearly as possible, from the part affected; hence the use of Scarification, with Cupping, in a variety of cases, as Ophthalmia, Pleurisy, &c. Bleeding frequently, in small quantities, causes obesity or corpulence; too large Bleedings cause Dropsy. When people have been in the habit of it, it is dangerous to omit it; or else it is necessary to insert an issue, &c.

S E C T.
II.

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EMETICS — The effects of these are to empty the stomach, promote the secretion of the gastric liquor, to cause a flow of bile into the stomach, to stimulate the whole system, and increase the circulation at first, and render it afterwards more equable, — to invert or check the peristaltic motion of the bowels.

S E C T.
III.

Emetics are useful in the beginning of fevers, to clear the stomach of indigestible and irritating matters: In Jaundice, for agitating the viscera, and opening the obstructions in the gall ducts: In all cases of Languor and Torpor, for exciting the system, as in obstructed menses, &c. In Coughs, Asthma, Blood-Spitting, for promoting Expectoration, and taking off the determination of Blood to the Lungs.* In Madness, in Palsy, as also in Apoplexy, &c. for relieving congestion of the head; but in the last case, Bleeding is generally to be premised.

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* Some years ago Dr. Marvat, an Heteroclit kind of Physician, made a great noise with his Dry Vomit of Blue Vitriol, as others have done since with their Vitriolic Solution, their Salt and Lime Juice, Pepper Medicine, and other infallible things; which, though useful in particular cases, do not appear to deserve the character given of them.

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These are some of the many useful purposes answered by Emetics, but there are cases where they are prohibited, as where there is great fullness, short neck,* with signs of determination to the head, (unless after Bleeding;) in cases of great Debility, or extreme Mobility; in Inflammation of the Stomach and obstinate Costiveness of the Bowels. They are also to be abstained from by women with child, as they are apt to bring on abortion; sometimes, however, the operation of a gentle Emetic is less dangerous than the natural retching of women in this situation, which it will put an end to.

Emetics operate very differently on different people: Mad persons, and such as have their stomachs loaded with mucus, require large doses. Those subject to acidity are easily affected by Antimonials. The frequent use of Emetics tends to debilitate the system. The practice, therefore, of Dry Vomits, and washing the Stomach, in the manner they have been recommended, is very exceptionable.

SECTION. IV.

CATHARTICS, or Purgatives, are either mild, for evacuating the Intestinal Canal of its ordinary contents, such as Manna, Castor-Oil, Magnesia, Sulphur, &c. or of a more active nature, for causing a copious secretion into the intestines, and for evacuating and weakening the system, which they do equally with Blood-letting. The different

Purgatives,

* Emetics are dangerous likewise with persons of long necks. See case of a Soldier in this island, who ruptured the Gullet, with the operation of a Vomit. *Henderson, Med. Obs.*

Purgatives, operating sooner or later in their progress through the canal, occasion some, a greater flow of bile; others, more watery discharges. Hence an election is to be made, according to the purpose to be answered. In Fevers, Inflammations, &c. the Purgatives employed should be such as evacuate copiously, without stimulating, as Glauber's Salts, Jalap, Cream of Tartar, Infusion of Senna, &c. Where the bowels are to be excited and strengthened at the same time they are evacuated, as in Hypochondria, Dyspepsia, Chlorosis, the warm Purgatives, (*viz.* Rhubarb, Aloes, &c.) are preferred.

In Dropsy, and in Congestion or Fulness of the Brain, where it is necessary to cause copious watery discharges, and to excite the action of the Absorbents, Draughts, or Purges of the strongest kind, are required; *viz.* Scammony, Elaterium, Calomel, &c.

The habitual use of Purgatives is very pernicious; they destroy the tone of the bowels, and confirm the complaints they are intended to remove.* Purgatives lose their effect by repetition, unless taken at first in a very large dose; in that case, a small dose afterwards is sufficient to produce a considerable effect †.

CLYSTERS are often substituted in the place of Cathartics, and in particular cases advantageously, as, 1st. Where Costiveness prevails, or exoneration of the lower belly only is required. 2^d. In cases of Colic, Inflammation of the Bowels, Bladder, Kidnies, Womb, &c. where they act as a fomentation. 3^d. In cases of Apoplexy and Resuscitation of drowned people, ‡ &c. where a Stimulus is wanted. 4th. In Nervous Diseases,

as

* I have known many healthy young men, who have fallen victims to the practice of taking frequently Salts, and other Purgatives, for carrying off Bile.

† Dr. Darwin has explained this curious circumstance. *Zoonomia*.

‡ Their use here is questionable. See method of recovering persons apparently drowned.

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V.

as Hysteria, Asthma, &c. where foetid Clysters administered have considerable Antispasmodic virtues. The inordinate use of Clysters, or *Lavements*, among the females of a certain nation, is the cause of their pale complexion, and the weakneses many of them labour under.

S E C T I O N V.

On DIURETICS, DIAPHORETICS, &c

S E C T.
V.

DIURETICS, or such Medicines as act on the kidneys, exciting a greater flow of Urine, are principally used for carrying off the water in dropical complaints, or for removing cutaneous desædations; but some of them, as neutral Salts, are also to be considered as having a weakening effect, and are proper in all febrile and inflammatory disorders; the stimulating Diuretics, as the Turpentine, Balsams, &c. are useful for exciting the action of the weakened vessels of the Urethra, &c.

DIAPHORETICS, or Sweating Medicines, are also of two kinds; either such as stimulate and increase the action of the extreme vessels, or else such as take off spasm and constriction on these vessels. The former, consisting of the Gums, Volatile Spirits, Wine, Snake-Root, Opium, &c. are useful in low Fevers requiring excitement, in Chronic Rheumatism, &c. Acids, or Acids and Alkalies combined, called Neutrals, Antimonials, and other Emetics and Narcotics, and the Warm Bath, are used in Hot Fever, Inflammation, &c.

EXPECTORANTS are such things as promote a discharge from the Lungs, or the Bronchiæ.

What

I N T R O D U C T I O N.

§5

What remains to be said of the other classes of Medicines, *etc.* Stimulants, Tonics, Sedatives, Antispasmodics, &c. will be more properly mentioned under the complaints where they are indicated. I shall therefore conclude this Chapter on Remedies, with a few general observations respecting Blisters, and the Cold and Hot Bath.

S E C T.

V.

S E C T I O N VI.

On BLISTERS, ISSUES, and SETONS.

BLISTERS appear to act in three different ways, and are therefore variously useful: *1st*, In producing vesication, and a consequent discharge of serum, by which the fullness of the vessels in the part is diminished: *2^d*, By stimulating the extreme vessels, the action of the neighbouring vessels, in an inflamed state, is lessened: *3^d*, By producing local pain, they relieve general irritation, and prove Antispasmodics.

S E C T

VI.

Whether they should be considered as general stimulants is doubtful, though they are often applied with this view: It is by their discharge and local irritation, that they prove so useful in all topical inflammations; by their Antispasmodic power, they change the determination of the blood and nervous power, and relieve the affections of distant parts, as the Brain, Lungs, Liver, &c. They are more generally useful with Plethoric people; in some persons, possessed of great mobility, they produce disagreeable effects; but they are of great service in certain Spasmodic complaints, as Asthma;—in the Colic, by relieving the constriction of the bowels, they produce stools, where purges have failed.

ISSUES

CHAP. V. ISSUES and SETONS have similar effects, as they also exhaust the coagulable lymph, and thereby remove Phlogistic Diathesis, or an inflammatory disposition.

SECTION VII.

On HOT and COLD BATHING.

SECT. VII. I HAVE already spoke of Bathing as conducive to health, or of the use of Lavation; but it is necessary to consider it in the light of a remedy.

Effects of the Cold Bath.

1. Absterſion of the ſkin.
2. Abſtraction of heat, therefore Sedative.
3. Condensation, therefore Tonic: Alſo, ſending the blood from the ſurface to the internal parts, and ſo exciting the circulation.
4. Horror, exciting contraction of the ſkin; which, by ſympathy, is propagated over the whole ſyſtem; hence Tonic.

Effects of the Hot Bath.

1. Abſterſion of the ſkin.
2. Increase of heat, therefore Stimulant.
3. Rarefaction, therefore Relaxant: Alſo, occaſioning a freer circulation in the ſmall extreme veſſels; hence Deobſtruent.
4. Soothing ſenſation, communicated by ſympathy to the whole ſyſtem; hence Antipſaſmodic.

From this comparative view of the effects of Hot and Cold Bathing, the uſe of either may be underſtood. The Cold Bath is neceſſary, wherever there is a general loſs of tone and vigour in the ſyſtem; hence,
it

it is proper to be used with weakly children, relaxed females, in some spasmodic complaints, in cases of general or local debility, after Chronic Rheumatism &c. It is improper in cases of a very full habit; in cases of Diseased Lungs, Liver, &c.; and where there is great debility and emaciation a certain degree of strength being required for the sake of Reaction. It should be sudden and general, or else the head should be first immersed, otherwise it will occasion Head-Ache and perhaps rupture of Blood Vessels and Apoplexy.

The *Shower Bath* therefore is, in most cases, to be preferred, as not being attended with this danger, and as giving at the same time a greater shock. The body is to be quickly dried, and chafed afterwards, and some exercise used. If the Bath excites no subsequent glow or warmth, it is a sign it is of no use, and should therefore be discontinued. It is highly dangerous to go into a Cold Bath when the body is in a heated perspirable state, but a little exercise is sometimes previously necessary, to increase the circulation; which, if too languid at the time of going into the Bath, the proper excitement cannot take place. Too frequently repeated, it causes leanness and emaciation, hence appears its use in repressing corpulency.

The *Air Bath* (as it has been called), or exposure of the naked body, for a certain time to the Atmosphere, can have but little effect in a tropical climate, unless in particular seasons or situations.*

The uses of the *Hot Bath* may be inferred from what has been said of its opposite, the Cold Bath. Its effects are various, according to the different degrees of temperature. A Bath from 96 degrees, (blood heat,) down to 86, is very refreshing, and does not appear to relax or weaken.

H

It

* Lord Monboddo, who passed his 90th year, was accustomed to this kind of Bath. Every day he stripped himself, and took exercise naked in the open air, rubbing himself afterwards with Aromatic Oils.

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V.

It lowers the pulse indeed, and is therefore recommended in Phthisis, as well as in other cases where the force of the circulation requires to be mitigated. It is proper in Cutaneous Foulnesses, especially when medicated with Sulphur, &c. It is necessary for opening the surface, and relaxing the rigid and contracted parts, after Rheumatism, Gout, &c. It affords great relief in cases of internal Inflammation, as of the Bowes; in cases of Colic; in cases of Stone in the Bladder, Stone in the Gal Ducts; Strangury; Ischuria; Stricture of the Urethra, &c. In various Spasmodic Affections, as Tetanus, &c. it is also serviceable. The *seduvium* and *Fomentations*, which are to be considered as partial Ho Bathing, are in some cases to be preferred.

There is danger in using the Bath too hot, or continuing in it too long, and in drying and cooling the body too precipitately. In some cases it may be employed to give the Cold Bath greater effect: Dashing cold water on the body, immediately after coming out of the Hot Bath, though in some cases it might prove highly dangerous, in others has been found salutary and beneficial.*

M E D I C A L

* It is a common practice among the Russians to plunge into Snow, or the Cold Bath, after coming out of a hot Vapour Bath. See also Dr. Jackson's *Practice in Fevers*.

N. B. The following Note should have been placed at the bottom of page 4.

The several functions are divided into, 1st, The *Vital* and *Involuntary*—as the action of the heart, on which the circulation depends, which is constant while life remains, and independent of the will. 2d, *Natural*, which are also involuntary, but not so immediately necessary to life; these are the functions of the Stomach, and of the Secretory and Excretory Organs. Lastly, The *Voluntary* or *Animal*, which consist in the exercise of all the Muscles which are subservient to the will, or over which the mind has a control. Some of the functions are mixed, or partly under the command of the will, as respiration; which can be quickened, or for a short time suspended. The involuntary motions are occasionally attended with consciousness; and it is a question, whether they have not become unconscious from habit only. The Hon. Mr. Townshend had the power of stopping the Beating of his Heart; in one of these experiments, made for the satisfaction of his friends, he lost the power of renewing it, and actually died: Have people pretending to Trances, a limited faculty of this kind? See *Cheyne on Health*.

MEDICAL ASSISTANT;

OR,

Jamaica Practice of Physic.

H 2

C O N T E N T S.

C H A P. I.

On FEVERS; *viz.*

*Inflammatory Fever—Nervous Fever—Malignant, Putrid, &c. Fever—
Yellow Fever—Bilious Remittent and Intermittent Fevers.*

C H A P. II.

On the BOWEL COMPLAINTS frequent in the West-Indies:

*Dysentery—Diseased Liver—Jaundice—Diarrhœa—Cholera Morbus—Dry
Belly-Ache.*

C H A P. III.

On INFLAMMATORY DISEASES:

*Rheumatism—Gout—Pleurisy—Sore-Throat—Croup—Inflammation of the
Stomach, Bowels, &c.*

C H A P. IV.

On HÆMORRHAGIES, or DISCHARGES OF BLOOD.

*Bleeding at the Nose—Spitting of Blood—Vomiting of Blood—Passing Blood
by Stool, or the Piles—The same by Urine, &c. &c.*

C H A P.

C O N T E N T S.

C H A P. V.

ON CATARRHAL DISORDERS, CONSUMPTION, &c.

Catarrh, or Cold with Cough—Influenza, or Contagious Catarrh—Whooping Cough—Asthma—Consumption.

C H A P. VI.

ON CONTAGIOUS ERUPTIVE DISORDERS :

Small-Pox—Chicken-Pox—Measles—Scarlet Fever.

C H A P. VII.

ON DROPSICAL COMPLAINTS, and CACHEXIA, DIRT-EATING, &c.

Dropsy in general—Particular Dropsies ; viz. Anasarca, Ascites, &c.

C H A P. VIII.

ON NERVOUS DISEASES :

On the nature of Nervous Diseases, or as attended with Spasm, Loss of Sense and Motion, Mental Derangement. &c.—Dyspepsia, or Indigestion—Hypochondria—Hysterics—Melancholy—Insanity—Epilepsy—Lockjaw, Tetanus, &c.

C H A P. IX.

ON CUTANEOUS and ULCEROUS COMPLAINTS :

Lues Venerea—Yaws—Leprosy—Elephantiasis and Coco-Bay—Scrophula—Cancer—Ring-Worm, &c.

C H A P.

C O N T E N T S.

C H A P. X.

On sundry LOCAL and ANOMALOUS COMPLAINTS:

*Head-Ache—Tooth-Ache—Ear-Ache—Inflammation and other Diseases of
the Eyes—Complaints of the Kidnies and Bladder, &c.*

C H A P. XI.

On the DISEASES and Management of WOMEN and CHILDREN.

C H A P. XII.

On DISEASES requiring CHIRURGICAL TREATMENT; viz.

Wounds—Contusions—Burns—Ulcers—Ruptures, &c. &c.

C H A P. XIII.

ON CASUALTIES; viz.

Strangulation and Suffocation—Drowning and Hanging—Empoisonment.

APPENDIX.

A P P E N D I X.

SECTION I.

Formulary of MEDICINES; or a Set of Prescriptions referred to in the Work.

SECTION II.

Catalogue of the MEDICINAL PLANTS; with an account of their virtues, and the manner of using them.

SECTION III.

*List of MEDICINES requisite for PLANTATIONS and FAMILIES—
Table of WEIGHTS, MEASURES, and DOSES.*

GENERAL INDEX.

MEDICAL

MEDICAL ASSISTANT, &c.

C H A P T E R I.

On F E V E R S.

IN treating of the several maladies incident to the Human Body, there is a propriety in beginning with such as are most general and most fatal. Fevers are the disorders that carry off the greater part of mankind in all climates, more especially in hot ones; and Fever is the attendant on most other complaints. C H A P.
I.

In what Fever consists, or what constitutes it, it is not easy to define; in some or most cases of Fever, there are marks of increased action in the sanguiferous or circulatory system; *viz.* Heat of Body, quick and strong Pulse, &c. but in others there are marks of the contrary—the Heat and Pulse being below the natural standard. Commonly Fevers begin with the first mentioned set of symptoms, and end with the latter.

Fevers, in which great symptoms of ardency (*viz.* Heat, Flushing, frequent and strong Pulse), with but little debility, prevail, are
I called

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I.

called *Inflammatory*. Those attended with great Weakness, low Pulse, Derangement of the Senses, &c. are named *Nervous*;—if the latter are accompanied with petechiæ, or red pimples, and other marks of putrefaction, they are called *Malignant, Putrid, &c.*

There are no Fevers, strictly speaking, continued; but those in which the remissions are less observable are so called. Where there are obvious paroxysms or renewals of the Fever, it is either remittent or intermittent, according to the degree of abatement in the interval. Most Fevers are preceded by Weariness, Head-Ache, Pains in the Head and Loins, Sickness at the Stomach, Coldness or Shivering, &c. but they do not, all or any of them, attack uniformly in the same manner.

Fevers have a more or less dangerous tendency, according to their original nature, or according to the violence of their symptoms, and the right or wrong treatment in the beginning. Bad symptoms in Fever are delirium, and particularly of the low kind; or coma, that is stupor and sleepiness, which are worse than raving delirium. Black tongue, foetid breath and respiration, incessant vomiting, hiccup, involuntary stools, restlessness, anxiety, picking the bed clothes, starting of the tendons, convulsions.—The Crisis of Fevers is generally preceded by a sweat, diarrhœa, moist tongue, a sound refreshing sleep, desire for some particular food or drink; which, it is in general safe to indulge, within discretionary limits.

Not to dwell longer on general observations, I shall proceed to treat, in the most succinct and intelligible manner, of such Fevers as are found principally to prevail in Jamaica, and other hot climates.

INFLAMMATORY FEVER.

It is reasonably doubted whether there be, strictly speaking, any such thing.

thing as Inflammatory Fever, or Fever with the symptoms before-mentioned, unaccompanied by local affection. In Rheumatism, in Pleurisy, &c. the Fever is of the inflammatory kind, and prevails in hot as well as cold climates: The symptoms too, of most Fevers, in the commencement, appear to be more or less of the inflammatory kind; but a Fever purely inflammatory, beginning and ending as such, without any local complaint, or not terminating in symptoms of a different nature, if it be any where to be met with, I believe is rarely found in Jamaica: It may, nevertheless, be useful to suppose such a Fever; because, if it does not exist as a distinct disease, it is found in the beginning, or is an accompaniment, of others. Inflammatory Fever then, is known by a quick, full, strong pulse, great heat, and redness of the face, violent thirst, dry tongue, high-coloured urine, &c. &c. It attacks persons of the sanguine constitution in juvenile and middle life. It is generally brought on by exposure to cold and heat—wet—fatigue—by great exertion—fatigue—violent passions, &c.

The proper mode of treatment in this Fever is, by what is called the antiphlogistic regimen, which consists in the use of all those means adapted to lower the circulation, and cool the body; *viz.* Bleeding, Purgings, the drinking of acid and diluting Liquors, &c.

In such cases as are attended with signs of local inflammation, *viz.* in Rheumatism, Pleurisy, &c. Bleeding is indispensable, but in others caution is requisite; for, although the Fevers of hot climates frequently commence with symptoms of great ardency, they do not long preserve their character: Whatever momentary relief the patient may experience from the loss of blood, a sad reverse is apt quickly to follow, the patient's strength irrecoverably sinking.

VOMITS are seldom requisite in Fevers of the inflammatory kind, but

CHAP. PURGES are universally so—these should be of the cooling kind, such
 I. as Glauber's Salts, Tamarinds, Cream of Tartar, &c. See Page 51.
 Forms, No. 2, 3, 4, 5, 12.

CLYSTERS of the same nature are sometimes advisable, previous to the administration of Purges, or serve on occasion as substitutes. See Clysters, Page 53. Forms, No. 40, a, b.

REFRIGERANTS, or cooling Medicines, such as Nitre, and the other Neutral Salts, Saline Mixture, &c. are next to be recommended. Forms, No. 7, 8.

ANTIMONIALS are given in small and repeated doses, to open the skin; viz. 3 grains of James's Powder, or 5 grains of the Antimonial Powder; or, from 10 to 30 drops of Antimonial Wine, in a little barley-water, every two, three, or four hours, according to the urgency of the symptoms. Forms, No. 9, 10, 13.

DILUENTS, or cooling acid drinks—such as lemonade, barley-water, acidulated with lime-juice; sorrel drink; vinegar and water sweetened with honey, and flavoured with a little lemon peel; cinnamon water; cream of tartar drink, &c. These liquors are not only highly grateful in allaying thirst, but prove cooling, opening the skin, and promoting urine.

WASHING or sponging the patient's forehead, temples, neck, and breast,* with camphorated vinegar and water; putting his feet in warm water, with vinegar; are means of allaying head-ache, and diminishing the heat of the body.

COOL

* Dr. Currie recommends the aspersions of cold water over the whole body.

COOL AIR, and sprinkling the chamber frequently with vinegar, are refreshing and conducive to the same end. Too much light, noise, company, exertion in sitting up, and whatever can irritate and stimulate, are, in all cases of Fever, to be carefully prevented and avoided; for the same reason, none but light and watery aliments should be made use of in such Fevers, or under inflammatory complaints; such as Panada, Water-Gruel, Barley-Water, Rice-Gruel, &c.

Some of the fruits are allowable, as Granadillo, Sour-Seq, Pine-Apple, Oranges.

In the decline of Fever, the patient may have a little wine and cinnamon added to his Panada, Sago, &c. or Chicken Water, Beef-Tea, &c. may be given.

Inflammatory Fever is generally of short duration, and declines without any evident marks of crisis, or leaving any effect, except a general debility, which necessarily succeeds every kind of illness; nothing therefore is requisite in the convalescent state, but care; changing the bed-chamber as soon as the patient can bear removal, serves greatly to revive his spirits, and thereby conduces, in all cases of Fever, much towards recovery; but change of air or place contributes still more so. I think it however requisite to impress on the minds of persons, the danger that attends moving convalescents prematurely. I have seen numbers fall martyrs to this imprudence. Patients, after having been free of Fever, and in a favourable state of recovery, by undergoing too much exertion and exposure in a debilitated state, have had a sudden relapse, and sunk immediately. There are some cases, however, where removal, even under circumstances of great debility, may tend to recovery.

I have said nothing of BLISTERS in Inflammatory Fever, because
where

CHAP. I. where there is no local affection, there can be no indication for them ; but, wherever, delirium occurs, or any sign of topical determination, they are to be immediately applied, and as near as possible to the part affected ; to the head or temples (these being first shaved) in cases of Delirium, or to the nape of the neck—to the side in Pleurisy, &c.

LOW NERVOUS FEVER.

This Fever, called by Physicians *Typhus*,* is one directly opposite to the Inflammatory Fever just treated of—though not frequent in Jamaica, in its pure form, or as it commonly occurs in colder climes, it nevertheless shews itself in different shapes.

Persons most liable to this Fever are the weakly, and such as have been reduced by other disorders, or exposed to fatigue, damp air, grief of mind, &c. It does not attack suddenly, but creeps on insensibly, with dejection of spirits, lassitude, disturbed sleep, loathing of food—the pulse and heat being not much increased. After some days vomiting, delirium of the low kind, or raving, &c. come on, with great restlessness and prostration of strength. Ultimately, after a longer or shorter duration of the foregoing symptoms, all the powers of life sink, the patient becomes comatose and insensible,—passes his excrements involuntarily—has cold sweats, subfultus, or convulsive twitchings or startings of the tendons, hiccup, &c. The pulse in this Fever is never strong and full, but on the contrary, always quick and weak, sometimes intermitting. There is but little heat or thirst ; the tongue is moist, and covered with a white slimy crust ; the urine is pale, &c.

The symptoms in this Fever all shew excitement, concurring with great

* Some Physicians will not allow this Fever to be called *Typhus* ; the *Typhus Mitior* of Dr. Cullen applies only to a mild species of malignant, which will be described in the next Chapter.

great debility: * The cure consequently must consist in removing both: *Bleeding, Purging, and all weakening Evacuations, must be evidently improper.* Vomits administered in the beginning, are of great importance, sometimes cutting the disease short. Give, therefore, Ipecacuanha Powder, *No. 1.* and work it off with draughts of Camomile Tea.

Though strong purging is improper, it is requisite to open the bowels, by Rhubarb, *No. 12,* and by Clysters occasionally repeated, *No. 40.*

The Medicines next to be recommended, after cleaning the stomach and bowels, are the following *Sudorifics; viz.* Camphorated Mixture, *No. 15;* Infusion of Snake-Root, *No. 16;* but Opium and Wine, † are of still greater efficacy, especially the latter, by which the delirium is relieved, and the powers of life supported. The Opium may be properly joined sometimes with an Antimonial, *see No. 17.*

BLISTERS are deemed useful in every stage of this Fever, and may be applied, in succession, to different parts—better between the thighs, arms, and legs, than to the back.

The DIET in this Fever constitutes a part of the medical treatment—it should consist of Sago, with Wine and Spice, &c.

The

* This is the Inirritative Fever of Dr. Darwin, which, according to him, is owing to a deficiency of sensorial power, from inaction of the brain. *See Zoonomia.*

† The quantity of Wine proper, is to be determined by its effects: *Neque pendus hic quidquam aut mensura determinat, sed morbi levamen,* says De Haen. If it raises the pulse without increasing the delirium and restlessness, it is to be persisted in.—I knew a young man who recovered, by drinking three bottles of Madeira in the course of one day, which quantity was required to keep off the delirium, and to prevent his sinking from cold sweats.—The authorities for the free use of Wine and Opium, in this state of Fever, are numerous and respectable. *See Gilchrist, Campbell, Hall, Tarter, Terrier, Crump, &c. &c.*

CHAP.

1.

The nervous Fever runs on sometimes to a great length,* terminating without any sensible crisis—and the only indication is, to keep up the powers of life, by the Medicines before recommended, and by the Bark with Snake-Root, *No.* 15, 16, 18, 19, 21.

Where alarming symptoms appear, as sunk pulse, cold sweats, hiccup, &c. strong cordials are required: Spiced Wine—Brandy Toddy, with Ginger—Musk and Æther, *No.* 19.—Musk and Salt of Hartshorn, *No.* 49.—Sinapisms to the Feet. In cases of Diarrhœa, or looseness, the Japonic Mixture, *No.* 29—Red Wine, with Pomegranate Bark—Opium Pills, † *No.* 28.

This form of Fever attends the Putrid or Malignant Sore-Throat, and many other diseases, and is always to be treated in the same way, allowance being made for circumstances. ‡

MALIGNANT FEVER.

This Fever, called likewise Putrid, Gaol, Hospital, Ship, &c. Fever, is supposed seldom to exist in warm latitudes. Sometimes, however, it unquestionably does occur§—whether the Yellow Fever is one of this kind, is not agreed on, but it probably is so in some instances.

The

* This Fever in Europe runs on sometimes to a great length. The most remarkable case of Nervous Fever I have known in this country, was that of Sir Basil Keith, Governor, who lay between twenty and thirty days.

† Dr. Ferriar orders cold astringent Clysters, along with Opium.

‡ Several new remedies have been lately made use of in this Fever; viz. Nitre by Dr. *Johns*.—Oxygene Air, Yeast, by *Carterwright* and *Lewin*.—Oxygenated muriate of Pot-Ash; viz. From 10 to 20 grains, three times in the day. *Currie*.

§ *H n* relates that, during the whole time he attended the military hospitals in Jamaica, he never saw any case of the Malignant Fever. *Lempriere*, on the other hand, says, that this was the Fever that proved so fatal in S. Domingo, and to which the Irish Brigade in Jamaica fell a sacrifice. The Typhus, or Fever of Ships, however, prevails most in cold latitudes. *Trotter*.

The Malignant Fever is undeniably the effect of contagion, generated by the human body in ships, hospitals, &c. or wherever a number of persons are crowded together, in foul unventilated places. Unwholesome provisions, bad water, and tainted air from large putrifying masses, are also the means of occasioning Fevers of this sort.*

This Fever comes on with shivering, and subsequent flushing, a sudden prostration of strength, and great dejection of spirits; the pulse is small and frequent, but sometimes tense or cord-like; there is a visible pulsation or throbbing of the carotid and temporal arteries; the eyes are red, and the patient complains of pain at the bottom of the orbits, as also of the temples; ringing of the ears, &c. The vomitings which come on are bilious, the tongue and teeth are in a short time covered with sordid black crust, the breath is offensive, and the stools putrid; the urine at first pale, then red or dark coloured; the skin covered with eruptions, either petechiæ, purple spots, or broad black blotches, to which Hæmorrhagies ensue. These are some of the principal, in a long train of direful symptoms, belonging to this Fever; all marking a diminution in the powers of life, and a tendency to putrefaction.

One remarkable and distinguishing circumstance in the Malignant Fever is, the kind of heat with which it is attended (*calor mordax*);

K

which,

* Dead carcases, especially in hot seasons, are very apt to occasion putrid diseases: Hence this Fever prevails in countries which are the scenes of war and bloodshed. This shews the propriety of removing burying-grounds, slaughter-houses, &c. to a proper distance from great towns. *Buchan*, 196.—Of the dangerous consequences arising from the above-mentioned causes, a number of cases might be brought in proof, selected not only from Medical Authors but Historians. I wish I knew how to force this subject on the attention of the Magistracy of this Town. The opinion that malignant, epidemic, and contagious diseases, never exist in hot climates, is refuted by a number of incontrovertible facts. See *Bontius's Hist. Natural and Med.*—Long, in his History of Jamaica, mentions several epidemics, both here and in Barbadoes.

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I.

which, though not sensibly great on feeling the skin, yet, if the fingers be pressed on the wrist, in measuring the pulse, they are affected with a pungent sensation, that remains for some time after their removal.* Another characteristic sign in this Fever is, a lurid, bloated, and unnatural physiognomy.

The Catastrophe in this disease is the same as in Nervous Fever; from which it appears to differ only by a putrescent state of the fluids: The treatment, therefore, must be nearly the same. If bleeding was considered improper in the Nervous Fever, it must be much more so here. It has, however, been employed in cold climates, in the commencement of the disease, and thought salutary;† whether admissible in the Malignant Fevers of tropical and hot countries has been matter of much violent contention.

VOMITS are to be given in the beginning of this, in the same manner as in Nervous Fever, as likewise gentle Purgatives, such as No. 5, No. 6; and afterwards, the bowels must be daily relieved by CLYSTERS. Putting the feet in warm vinegar and water, sponging the body frequently with cold vinegar and water, conduce greatly to the relief of the patient.‡

If ANTIMONIALS are exhibited, care must be taken to prevent their action on the stomach. See Form, No. 9, with Opium.

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* This is mentioned by Galen, and particularly noted by Pringle.

† Pringle, Monro, and others, who bled, did it with caution; upon the whole it appears, that many recovered without bleeding, but few recovered who had lost much blood. I shall reserve what further remarks I have to make on this subject, till I come to speak of the Yellow Fever.

‡ Gregory, Currie, Jackson. Dr. Trotter advises a flannel shirt, dipped in Vinegar.

The DIAPHORETICS recommended in Nervous Fever, are all here useful, as No. 13, 14, 15, 16, 17. To check and correct putrescency, ANTISEPTICS, ASTRINGENTS, and TONICS; viz. the Vegetable and Mineral Acids,* Fixed Air, Camphor, Bark, &c. but *Wine* is the principal here, as in Nervous Fever.† See Note. Page 71.

BLISTERS in this Fever are apt to occasion gangrene, and must be applied only, or chiefly, in cases of delirium; they should be applied to the head, inside of the arms or thighs, not to the back.

SINAPISMS, or Poultices of Mustard, Vinegar, &c. to the feet, are for the most part preferable to Blisters.‡

OPIUM is useful in the convalescent state, to procure rest at night. Moderate diarrhœa, or looseness, coming on, is sometimes of use, but when it is not of a critical and salutary nature, it must be restrained by the means mentioned in Page 72.

The DIET here, as in Nervous Fever, must consist of Sago, Panado, &c. with Wine, and Cinnamon.—Jelly acidulated with Orange-Juice, &c.

DRINKS PROPER:—Claret and water, with Seville orange-juice, or tincture of roses; sorrel drink, or preserved sorrel in water; water sweetened with guava jelly, and acidulated with lime-juice; small beer and water, acidulated with spirits of vitriol; cyder, &c. Spruce was
K 2 thought

* The muriatic acid now preferred to the vitriolic formerly used. Fixed Air, as also Vinegar, is given in Clysters.

† The Wines preferred here are Hock, Rhenish; the Tokay d'Espagne has of late been recommended as particularly suitable.

‡ In a Fever of this kind, which prevailed in London last year, Blisters are said to have been found extremely beneficial. *Phys. and Med. Journal*, 1799.

CHAP. I. thought a very suitable Antiseptic Drink in this Fever, but it was not found to answer at St. Domingo;* it may, however, in other cases and situations.

The sub-acid Fruits of the West-Indies, when coveted, are highly proper, within limits; viz. Granadilloes, Pine-Apple, Oranges; but not Water-Melon, Musk-Melon, or Star-Apples.

This Fever being chiefly met with in hospitals, prisons, ships, &c. and being unquestionably contagious, the strictest attention is requisite in keeping the apartment clean and aired, as also to destroy the infection.—See method, Page 22.—See also Dr. Trotter.

The Nurses and Medical Attendants should fortify themselves against the influence of contagion, by smelling at Camphorated Vinegar, or the Vinegar of Thieves, by chewing Bark, taking a glass of bitters, &c. If they should be affected with nausea, head-ache, dizziness, &c. symptoms of infection, they should take a vomit instantly, and afterwards some cordial sudorific.

Fevers not malignant in the beginning, sometimes turn out so; in short, most Fevers, in warm climates, whatever character they had in their commencement, terminate with such symptoms, as have been described as belonging to this Fever: Hence confusion and misunderstanding about the nature of Fevers: Some persons denominating them malignant, from their termination; others inflammatory, from their first symptoms.†

YELLOW

* McLean on diseases of St. Domingo.—See note, page 72, about leaven used by Mr. Cartwright.—See account of this in Smart's Magazine.

† It sometimes happens that inflammatory, nervous, and putrid symptoms, are so blended, as to render it very difficult to determine which class the Fever belongs to. Euxan.

YELLOW FEVER.

Concerning the nature and treatment of the disease called the Yellow Fever, the opinions of Physicians have been so various and contradictory, as scarcely to admit of any reconciliation;* but the misunderstanding on the subject has probably been, in a great measure, owing to an improper use of terms, or to the disease varying its character very much, according to circumstances of season, the quantity and force of contagion, and other causes. From comparing what the several Authors on this subject have written, and from the observations I have myself

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* The different names by which this Fever is known, shews the variety of opinion respecting it: *La Maladie de Siam*, *Le Fievre Mat-Lit*, *Il Vomito preto*.—Dr. Warren says it was a Pestilential Fever brought from Marseilles.—Dr. Chisholm says also it was a Pestilential Fever brought from Balam.—Hilary thinks it a Putrid Bilious Fever, but not infectious, except accidentally, by being combined with some other Malignant Fever.—According to Dr. Moseley, it is the *causis* of the ancients, or a Fever of the most ardent and inflammatory kind.—Rush also considers it as an Inflammatory Fever.—Hunter sees no essential difference between this Fever and the bilious remittent.—*Empirique* says, the tropical continued, or Yellow Fever, is often blended with the remittent.—Jackson calls the Yellow Fever the concentrated endemic, or marsh remittent.

The question is, whether the Fever mentioned by the afore mentioned Writers, was essentially and uniformly one and the same? Admitting that it was, it must certainly have been very differently modified, to give occasion to such a diversity of opinion respecting it.

The Yellow Fever, as described by Mr. Hughes, who was not a medical man, appears to be exactly the same as the Fever so called in this island. See *History of Barbadoes*.

I shall here subjoin a list of the Authors that have come to my hand on this subject: Lining on Yellow Fever Literary Medical Essays.—Hilary, on Diseases of Barbadoes.—Lind on Diseases of Hot Climates.—Lind de Febre flava.—McKittrick de Febre Benghal.—Roupe de Morb. Navigant.—Blane on Diseases of Seamen.—Hunter's Diseases of Jamaica.—Moseley on Tropical Diseases.—Chisholm on Pestilential Fever of Grenada.—Rush on Fever at Philadelphia.—Clark on Diseases of Dominica.—Jackson on Fever of Jamaica.—*Idem* on Fever of St. Domingo.—McLean on ditto.—Bean on ditto at Surinam.—Anderson, Observations on Bilious Fevers.—Lastly, the ingenious Thesis of Dr. Charles Mac Larty, de Typho Regionum Calidarum.

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self had the opportunity of making, I am fully convinced, that the Fever, *called* Yellow Fever, is not uniformly one and the same disease, but is often a compound one, partaking at one time, of the nature of the Malignant Fever, at another resembling the Bilious Remittent. It may commence under either form, sometimes as an ordinary remittent, afterwards becoming malignant, or it may attack with symptoms of malignancy, but in its progress become mild, and change into a common Fever. Hence it may be contagious or otherwise. Hence the Fever of new-comers* may not always be malignant. There are many instances of such having, on their first arrival, a Fever of the common kind, and afterwards the Yellow Fever—though the reverse of this ordinarily happens.

As the limits of this Work will not allow room for discussion on this very important subject, I must refer to the Authors who have treated at length upon it. I shall here state what is the most ordinary, and undisputed case of Yellow Fever, and describe the treatment which experience, in this island, has proved the most efficacious and successful.

This Fever then, peculiar to new-comers, attacks suddenly, with alternate fits of heat and cold, violent pain in the head and back: The face is prodigiously flushed, the eyes are red and watery; the whole physiognomy of the patient is very peculiar, denoting anxiety and dejection of mind; and this unnatural appearance continues, till recovery begins

* The Yellow Fever in Jamaica, and the other West-India Islands, rarely attacks any but persons newly arrived from a cold climate; it is asserted positively, that it never attacks any others; but this may be disputed. At Barbadoes, in 1696, it carried off a number of native inhabitants. It is also said, that it never attacks negroes, but Blanc has given one instance of a negro woman, who was a nurse, having it, and dying of it.

begins to take place. The pulse, in the beginning, is frequent, full, and hard—sometimes irregular—the heat of the body very great, and the patient labours under great inquietude. This state of the Fever continues for a longer or shorter period; sometimes only for a few hours, at others for several days; and, when the ardent symptoms begin to decline, if not sooner, an irritation at the stomach commences, which is hardly, by any means, to be subdued or even allayed. The patient now feels himself in other respects well, his pulse and heat being nearly natural, and he has seldom any return of Fever; but the irritation and anguish at the stomach continuing, he at length vomits blackish matter, his eyes and neck first become yellow, and then the whole body.* Blood flows from the mouth and nose: Delirium, preceded by a hurried perturbed state of mind and great restlessness, at length comes on; ending in total insensibility, &c. and ultimately in death.†

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This Fever is particularly distinguished by its sudden attack, being seldom preceded, like other Fevers, with any symptoms of languor, weariness, &c.—by its having no very sensible abatement or remission, till it totally subsides—by the extraordinary anguish about the precordia, and at the same time a torpor of the bowels, which renders them incapable of being acted on by purgatives, though of the most active kind, and in large doses.

The foregoing account of Yellow Fever, that is to say, the Fever generally attacking new-comers to this island, is drawn from actual observation; and, although incomplete, it is presumed is sufficiently full and

* This yellowness is not a constant symptom—sometimes it does not appear, or not till after death. The Fever is, therefore, improperly denominated Yellow Fever.

† See Lining's description of the Yellow Fever of Carolina. *Essays, Phys. and Lit. Vol. II.*—Also, Hughes's History of Barbadoes.

CHAP. and accurate, to enable any one to distinguish it from any other, except
 I. the malignant, to which it has an obvious affinity.*

What I shall say upon the treatment of the Yellow Fever, must be considered as applying to that form of it above described.—Where it attacks in the manner of a common remittent, and shews no symptoms of malignancy, till after some continuance, the method of treatment here recommended, may not be thought necessary or suitable, though I think it is, upon the whole, safest, in these times, to consider every Fever with which a new-comer may be attacked, of this kind; for, if the mode of cure suited to it, is not adopted in the beginning, it cannot be employed afterwards, with any probability of success.

Supposing then a person, more especially one newly arrived in this island, or any other tropical country, should be suddenly seized in the manner before described; viz. with violent pain of the head and back, with heat and flushing of the face, &c. the question is, How he is to be treated, so as to prevent the future danger, so much to be apprehended?

I am to recommend here, the practice which I think experience has confirmed as the safest, and the most efficacious; but I shall not omit to speak afterwards, of the several other modes of treatment that have been employed, and it is to be presumed frequently with success, for methods seemingly opposite, may sometimes prove equally efficacious.

In the first place then, let the patient, as soon as he is taken ill, be put to bed—let an opening clyster be administered—and, as soon as possible,

* See Blane's Diseases of Seamen.

ble, give him a dose of Calomel and Jalap,* either in powder, mixed with tamarind syrup, or else made into pills; some time afterwards he may take a tea cup full of tamarind water, or decoction of tamarinds, with Cream of Tartar (No. 3); and, if stools are not freely produced, in the course of five or six hours, let the pills of Jalap and Calomel be repeated in the same or a less dose. Supposing plentiful evacuations to have taken place, but without any abatement of symptoms, the head-ache, flushing of the face, &c. continuing the same, small doses of Calomel and Antimonial Powder (No. 10,) may then be given every three hours, interposing the use of the Saline Julep (No. 11). At the same time, let the Mercurial Frictions be commenced; viz. two drachms of the strong Mercurial Ointment, rubbed into the inside of the knees and thighs, every six hours, or in some cases every three hours, or else half an ounce every six hours. If, in twelve or fifteen hours from the first attack, there be not any obvious remission, in consequence of the foregoing treatment,—continue the Frictions every three hours, giving at the same time ten grains of Calomel, combined with Jalap, if the bowels have not yet been opened, or else with one quarter of a grain of Opium,† to prevent the Calomel acting on the bowels, if too loose. Thin gruel, barley-water, &c. to be frequently given, and the above method persisted in, till the breath becomes affected, and the mouth sore, provided no clear and distinct remission of Fever intervenes. If the stomach becomes irritable, and retchings commence, apply a blister immediately to the stomach itself, or else between the shoulders, and give Æther, either in a little water, or in the Saline Julep (No. 11.), or camphorated mixture, (No. 14.) The quantity of Mercury required to be rubbed in, and Calo-

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* The dose must be less or greater, according to the constitution of the patient, and violence of symptoms; say, Jalap, gr. 15, and Calomel, gr. 5; or, Jalap, gr. 30, and Calomel, gr. 10

† Dr. Lempriere proposes, for the purpose of more quickly affecting the salivary glands, to give the Hydrargyr. Muriat. or Corrosive Sublimate; which, in a few trials, appears to have succeeded.

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mel taken, is sometimes very considerable,* before either the glands of the mouth are affected, or before any remission of the symptoms takes place; but, for the most part, when the mouth grows sore, the fever and irritation at the stomach subside; notwithstanding which, it is deemed necessary to continue the frictions, in a more moderate way, to promote or keep up the spitting.

It cannot be pretended that this mode of treatment is uniformly successful—the violence with which the Fever frequently attacks, affords, † in many cases, but little hope from any mode of treatment whatever, but; comparing this practice with any other in use, it is, in my opinion, eminently *successful*; and it has this advantage, that it gives the patient a double chance, for it does not hinder the employment of any other means that could be made use of, were Mercury not exhibited.—The sore mouth which results from the use of Mercury, is often very distressing, but is seldom attended with any danger or inconvenience of long continuance ‡—it is not easily removed, but is greatly alleviated by the frequent use of proper gargles or mouth waters, such as the following, No. 76. The Bark also may now be given, but it is not always found to agree, and therefore food and wine are the only things further required.

This

* More than 1000 grains of Calomel have in some cases been given, and several ounces of Mercurial Ointment rubbed in—not only with impunity, but with success, the patient having recovered. Dr. M'Larty, himself, took 270 grains of Calomel in 5 days, and rubbed in 2½ ounces of Ointment. “*Hydragryi murati milis grana 270. quinque diebus libentibus, grana quinque qualibet hora decravi, perque illud semperis spatium, viginti urgenti ex hydragryo fortioris drachmæ semioribus, &c. mihi effricatæ sunt.*” De Typho Region. Calidar.

† Dr. Blane rightly observes, that there are some cases where the disease is *determinedly* fatal, or where the animal functions are, from the beginning, so deranged, that there are no possible means of restraining the morbid motions, and dissolution necessarily takes place. Page 411. *Diseases of Scamen.*

‡ Mr. Blair, in his late publication on the use of the Nitric Acid, says, that although this sometimes causes Salivation, yet it is the most powerful means of allaying Salivation induced by Mercury.

This mode of treatment, however inconsonant to theory or preconceived notions, has stood the test of experience, and ought to be adhered to, till a better one has been discovered, which, I understand, has been promised from different quarters, and which, it is hoped, will not be long withheld.

I shall now speak of the mode of practice by BLEEDING :

Dr. Hilary bled in the beginning of the disease—afterwards purged—then gave sudorifics and cordials.

Dr. Moseley recommends repeated Bleeding in the first stage, and continued purging with Vitriolated Tartar.

Dr. Rush bleeds plentifully and repeatedly—gives purges with Jalap and Calomel—then continues the Calomel alone till it affects the mouth.*

Dr. Jackson bleeds to twenty ounces or more—throws cold water on the body.

The several other Writers on this disease, advise a practice more or less approaching to the Mercurial one, proposed in the preceding pages.

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* Dr. Rush's practice of copious and repeated Bleeding in Fever, &c. has lately been the subject of much severe animadversion.—I do not mean to allude to the witticisms of the ludicrous Peter Porcupine, but to the observations of Medical and Judicious Critics, who have seriously deprecated it. As this is not a place for controversy, I shall avoid making any remarks further than this; that a practice, however suitable it may be to an epidemic of one country, or one season, may be very unsuitable to that of another. A remark this, that I think of great importance, as it may serve to reconcile the seeming contradiction of Writers, and to justify different modes of practice. See *Crit. Review*, July 1800.

C H A P.

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As prevention is always better than cure, it may be expected that some directions should be here given, for guarding against the attack of this fatal fever:—I have therefore to observe, that although Bleeding is precarious and hazardous after the Fever comes on, it may nevertheless, in particular cases, or where the habit is very full, &c. be considered as a means of prevention—It will not be amiss for young and athletic persons, on their first arrival, to lose a few ounces of blood. On the same principle, they ought to keep an open belly, and avoid every species of intemperance, as also exposure to the sun and evening air:—But what is of greater consequence, is that of flying, as soon as possible, from the shipping and sea-shore, the seats of infection, to a pure airy cool situation in the country, there to remain for some months. I have known many young men who, by this means, have avoided any dangerous Fever; and some who, by returning too quickly to the towns or sea-ports, have met their fate.*

The prevailing mortality among new-comers is a good deal to be attributed to their own misconduct: Coming out in convoys, they arrive in numbers—they meet at taverns; and, allured by scenes of novelty, they walk the streets, indulge to excess in the use of the country fruits, and enter too readily into the customs of the seasoned inhabitants, which are not at all suited to persons in their situation.

Quere:—Has Mercury any specific power in changing the contagion? or, In rendering the system less liable to be acted on by it? or, Would it be useful to new-comers to take Mercury before hand, to prevent
Yellow

* Although people who have resided long in the climate are not subject to the Fever called Yellow Fever, it is, nevertheless, a melancholy truth, that numbers of persons from the country have caught Fevers in town, apparently of a malignant kind, and which have proved suddenly fatal: I can recount a number of such instances occurring, within a short space of time.

Yellow Fever? Would Issues or Setons be in any way useful, either by lessening phlogistic diathesis, or by giving an outlet to contagion imbibed? CHAP.
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BILIOUS REMITTENT FEVER.

This is the prevailing Fever in all hot climates—how far it is distinguished from the Yellow Fever, or whether that Fever be not the Remittent in a more concentrated form, Practitioners are not agreed. The common Remittent, however, does not in general attack so suddenly, or so severely—it is preceded with symptoms of lassitude, and comes on, ordinarily, with a slight cold fit or shivering, which is quickly succeeded with all the ordinary symptoms of Fever; *viz.* pain in the head and limbs—hot skin—quick pulse—thirst—but more particularly with sickness at the stomach, and vomiting of bilious matter. These symptoms continue, without any abatement, for six, twelve, or twenty-four hours; when a remission, more or less distinct, may be observed; but which is perhaps of no long continuance.—A fresh accession of Fever taking place, with return of head-ache, sickness at the stomach, &c. but without shivering, as at first.—There are often two exacerbations and remissions in the course of twenty-four hours; one paroxysm coming on about noon, another in the evening—or else a morning paroxysm happens one day, and an evening paroxysm another; but what is called the type of the Fever, is not always to be distinctly marked,* the paroxysms, after the use of vomits, purges, &c. in the course of a few days become less severe, the remissions more sensible, and the patient gets a crisis; or, on the other hand, the fits become worse on every return, the vomiting being more severe, delirium coming on, with great prostration

* *Erraticæ plerumque Febres sine certo ordine, ita ut singulis, si nomina dare velis, Cædipo conjecturæ opus erit.*

CHAP. I. prostration or loss of strength, hiccup, black vomit, universal yellowness,* &c.

To a Fever of this kind, all the inhabitants of tropical countries are indiscriminately and repeatedly liable, but principally young people, and such as are plethoric. It is brought on by intemperance and over exertion; but particularly by exposure to the air of marshes and damp situations, and is therefore reasonably supposed to be caused by noxious effluvia generated in these places. See INTRODUCTION, page 21.

Treatment of the BILIOUS REMITTENT FEVER.

The observations already made on the subject of Blood-Letting might be repeated here, but I shall only remark, that I think there are few cases occurring, where Bleeding is required.

There was formerly a very general practice of giving, indiscriminately, in the commencement of all Fevers, the Tartar Emetic in solution, so as to cause both vomiting and purging as soon as possible. The practice, though abused, by carrying it to an undue length, was a good one, and should not have been totally given up, as it is at present, except on board of ship.† There is a necessity for clearing the first passages; and the vomiting, in the commencement of the Fever, may therefore be encouraged, by taking a single grain, or perhaps two, of Tartar Emetic,

* It was before observed, that different Fevers are sometimes blended, or change into one another. Unless the characters of Fevers are strongly marked, says Dr. Blane, it is difficult and impossible to refer them to any particular species.

† This practice being still very indiscriminately followed on board merchant vessels, where there is no surgeon, but the Medicines are given from a direction book, I think it necessary to caution new-comers against the taking of Tartar Emetic; which, instead of relieving the stomach, and stopping the vomitings, renders them incurable.

tic, in a draught of camomile tea; or else two table spoonfuls of the Tartar Emetic Solution, *No.* 22, as directed: After this, for procuring evacuations downwards, a Clyster may be first given—then the Pulvis of Tamarinds and Salts, *No.* 3—or Tamarinds and Cream of Tartar, *No.* 4.—Should these not sit upon the stomach, give Jalap and Calomel, *No.* 6, either in powder or pills, and repeat every three or four hours, till they operate. Afterwards treat the patient by the cooling regimen, as directed under Inflammatory Fever. See *page* 67.

For bringing on remission, the following Medicines are proper, *viz.* Powders of Nitre and Camphor, *No.* 7.—Antimonial Powders, *No.* 9.—Antimonial Powder, with Calomel, *No.* 10.—Saline Julep, *No.* 11.

To allay irritation of stomach, the Saline Julep, given in effervescent draughts, as directed *No.* 11.—Camphorated Mixtures, *No.* 14, 15.

In violent Head-Ache, and Delirium (after evacuations have been employed), the Antimonial Opiate, *No.* 17.

When the powers of life begin to sink; that is, if the pulse is small—if there be cold sweats and delirium, apply Blisters and give Wine. See *Rules, page* 71.—or Snake-Root Infusion, *No.* 16, with Camphorated Mixture, *No.* 14.—Also the decoction of the Bark, if the stomach will retain it.

In case of Coma, or constant Drowsiness, Blisters and Mustard Cataplasms to the feet.

In Hiccup, give Musk Julep, with Æther, *No.* 19.

An affection of the Liver, known by pain and hardness in the right Side, is a frequent attendant of this and every Fever in the West-Indies.

Where

C H A P. I. Where this occurs, there will be no bringing on requisite remissions for giving the Bark, without the previous use of Calomel, or rubbing in a little Mercurial Ointment, as directed in Yellow-Fever. See page 81.

When sensible remissions take place, begin with the simple Decoction of Bark—or the same with Snake-Root, *No. 21*. Bark Clysters may be also given, *No. 23*, for it rarely happens, that you can get a sufficient quantity of Bark administered any other way:

As soon as the patient's stomach will retain the Bark in substance, give half a drachm of the powder in a glassfull of the decoction, every hour. A tea spoonful of Brandy, or a little mixed Hock, is sometimes necessary to make the Bark sit easy—or a little Camphorated Mixture—or a few drops of Volatile Fœtid Tincture.—Some people can take it best in milk.

Where the Bark is evidently required, but the remission not favourable for giving it, the decoction may be given with Mindererus' Spirit.* If the Bark acts on the bowels and runs off, a few drops of Laudanum must be given—if, on the contrary, it binds the patient, a few grains of Rhubarb, or a tea spoonful of the Tincture of Rhubarb, should be given with every other dose, till the bowels are open.

REGIMEN, nearly the same as in Inflammatory Fever. In the convalescent state, the caution mentioned in page 67, to be attended to.

INTERMITTENT

* In very bad cases, where there is apparently no time to be lost, but when evacuations are at the same time requisite, the Neutral Salts may be joined with the Bark.—This was the practice, and I am told a successful one, with some French Physicians at St. Domingo.

INTERMITTENT FEVER.

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Intermittent Fevers are much less prevalent in hot than in cold climates. In certain situations and seasons, they are, however, not infrequent and sometimes obstinate, leaving behind them (as well as remittents) obstructions of the Liver and Spleen. They are here, as in Europe, of different Types or Forms; *viz.* Quotidian, Tertian, or Quartan; but the Tertian, or rather what is called the Double Tertian, is the most common. The Quotidian is a Fever that returns every day, about the same hour, sometimes a little sooner, at others a little later. The Tertian returns, in the same manner, every other day. The Double Tertian returns every day, but at different hours on different days; one day in the morning perhaps, and the next in the afternoon; but in this Fever the intermissions are not so distinct. The Quartan, the most obstinate of cure (as in Europe), returns every third day; that is to say, there is an intermission of two days.

There are, besides these, other Types of Intermittent; but, being too intricate for common observers, I do not think them necessary to characterize here, and shall therefore proceed to the cure.

VOMITS and PURGES are to be given, as directed under the Remittent Fever; and, in the intermission, the Bark, in Decoction or Powder, or both, according to circumstances.—In some cases, *viz.* where the intermission is not sufficiently distinct and complete, it may be better to postpone the Bark for one or two intervals, giving Cooling Powders (No. 8)—Antimonial ditto (No. 10)—Saline Julep (No. 11)—Spirits of Mindererus (No. 13)—or else joining these with the Bark. If there be any symptoms indicating an affection of the Liver or Spleen; *viz.* pain and hardness either in the right or left side—small doses of Calo-

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mel should be given every night, or two drachms of Mercurial Ointment rubbed in every night, or every other night, till the gums are a little swelled. A Blister may be also applied to the side affected.

In Quotidians, the Bark is to be commenced immediately on the going off of the paroxysm; the same thing may be done in Ternians, or a few hours after; but in Quartans the Bark is not to be given till the day before the expected return. The Bark should be taken in the greatest quantity, a few hours before the approach of the fit. To keep this off, the patient may go to bed an hour before the period of its return, and get into a perspiration by drinking some warm 'sangree—brandy toddy—ginger tea—lemon grass tea—or he may at the same time take twenty or thirty drops of Laudanum. An Emetic at that period will sometimes have the same effect, in keeping off the fit.* If one fit be prevented, a succeeding one will be kept off still more easily.

The Bark, the most efficacious remedy of any known, is not always successful—one kind of it will succeed when another fails; but which species is the most to be depended on; *viz.* the pale red, or yellow, is not determined. The country Bark (see Country Remedies, *Appendix*,) has sometimes, as I know from experience, succeeded, after the Peruvian
Bark

* Various other methods have been tried, and sometimes successfully, for keeping off the cold fit. Any thing that excites the circulation is calculated to have that effect. Plunging into a cold bath, and taking afterwards violent exercise—applying the tourniquet to the thigh on one side, and to the arm on the other, has been lately recommended by Mr. Kelly, for shortening the circulation, and causing a quicker return of blood to the heart.

The Arsenical Solution has also been employed in obstinate Intermittents; but, however well it may have succeeded in cold climates, or even at Sierra Leone, the reports I have had of its effect in this island, would not lead me to recommend it. It stops the Intermittent indeed, but leaves a disease fully as bad; *viz.* Universal debility, from which the patient scarcely ever recovers.

Bark had failed. There are many substitutes for the Bark,* (See Country Remedies, *Appendix*;) and a number of specifics; one of the most common is, Sulphur in Madeira Wine, *No.* 86. During my attendance on a military hospital, there was once a scarcity of Bark, and I gave Mead's Powder with great success in the Intermittents, at that time prevailing. See Forms, *No.* 24. Whenever the patient has escaped one or two fits, he should change the air, particularly if he resides in town, or in any marshy situation.

The Intermittents of children are difficult of cure, because they cannot be made to take a sufficiency of Bark, and they are also frequently troubled with worms: After vomiting and purging them, therefore, as may be requisite, the Bark should be administered to them by Clysters, see Forms (*No.* 23), or Poultices of Bark may be applied to their arms and thighs, and confined by the tail bandage—or they may be placed several times in the day, in a Bark Bath (*No.* 26), or they may wear a Bark Jacket. A tea spoonful of Laudanum may be mixed in an ounce of Volatile Camphorated Liniment (*No.* 25), and a little of this rubbed on the back-bone before the fit; or warm plasters applied to the stomach, wrists, and the soles of their feet.

Intermittents and Remittents are very apt to return, unless the patient continues to take, from time to time, a little Bark. After omitting the Bark for two or three days, take a few doses—then intermit it for a longer period, and a longer one, still taking now and then half an ounce, particularly about the changes of the moon.†

M 2

Epileptic

* Mahogany Bark—Portlandia ditto—Hoop-Tree Bark—Bitter-Wood.

† I have I think observed a sort of septenary period in the relapses of Fevers, but whether these were correspondent to any changes of the moon, I cannot say.—Dr. Jackson says, the moon has an influence on Fevers in the West-Indies.—Dr. Balfour says the same of the moon's influence in the East-Indies—as also Dr. Lind; but the latter thinks the relapse at these periods, is more owing to the tides rising higher or lower, and leaving the banks covered with slime.

CHAP. I. Epileptic Fits sometimes accompany the paroxysms of Intermittents; in which case I have given, with advantage, the Calx of Zinc, combined with the Bark;* or White Vitriol, which will answer as well.† Five grains of the latter may be given every four hours.

Intermittents are very apt to alternate with dysentery—to produce obstructions of the liver, and consequent dropsy. I shall therefore go on to consider these complaints.

CHAPTER

* See *Hendy*—*Blanc*.

† See Cases by *Hendy* and *Telford*, in *Blanc's Diseases of Seamen*, 426.

CHAPTER II.

On BOWEL COMPLAINTS frequent in the West-Indies.

DYSENTERY, or BLOODY FLUX.

NEXT to Fevers, this is the most prevailing and most dangerous malady of hot climates. It is frequently epidemic on board of ships, in hospitals, camps, and among the negroes on plantations, carrying off great numbers. It is either preceded, or accompanied, by some degree of Fever. The stools are at first generally copious and bilious, afterwards small, slimy, and bloody, with violent tormina, or gripings of the bowels, and straining, which sometimes occasions cold sweats and faintings. It is brought on by obstructed perspiration, from cold and wet; and by the eating of crude food; particularly amongst negroes, who are chiefly liable to Diarrhœa and Dysentery in the Pear season,* and when the Yams come in; which they dig prematurely, if they happen to be in want of other food. It is contagious, spreading from two or three, to a whole family or plantation.

CHAPTER II.

The

* I have known several persons cut down all the Pear-Trees on their plantations, to prevent the evils arising from negroes using the fruit in a crude state, or in too great quantity; but surely so valuable an article of food, called the *Vegetable Marron*, is not to be totally lost, or given up, because of accidental consequences that may be easily prevented. If the negroes are allowed plenty of salt and herrings, they seldom suffer from using Pears.

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The disease, if rightly treated in the beginning, is, for the most part, easily cured, but otherwise it becomes chronic, and very difficult to get rid of.

TREATMENT.—A Vomit of Ipecacoan (*No. 1*) is generally proper in the beginning of this complaint, which may be given at night, and the next morning a Purge ;* *viz.* either the Purgine Salts (*No. 2*), or the Pisan of Tamarinds, (*No. 3*) ; the patient drinking plentifully of barley-water or any demulcent liquor, to promote the evacuations, which seldom fail to relieve the pains, and change the nature of the stools ; but, if the gripings still continue, and the skin is dry, as is commonly the case, a warm bath, or fomentations of the belly, as also emollient clysters (*No. 33*) are of great service. Strangury is a frequent and distressing symptom in this disease, which is relieved by the above means (*viz.* Bath, &c.), as also the gripings ; but, when these are severe, a Blister should be applied to the Abdomen, or a large Burgundy Pitch-Plaster, as lately recommended by Dr. Whyte.† And in this stage of the complaint the patient may take small doses of Ipecacoan‡ and Rhubarb (*No. 27*), with a glassfull of the Quassia Infusion, three or four times in the day ; and at night, one grain of Opium in a pill (*No. 28*), or from 20 to 30 drops of Laudanum in a draught. By this mode of treatment, the Fever, in the course of two or three days, goes off, the skin

* The following purge is mentioned by Dr. Wright, as having been found a specific in the cure of epidemic and contagious Dysentery ; *viz.* two table spoonfuls of Common Salt with as much Lime-Juice as is necessary to dissolve it ;—two or three doses of this Medicine, given at intervals of a day or two, seldom failed of effecting a cure.

In *No. 14*, of the Medical and Physical Journal, there are some cases of Dysentery related, where the Nitrous Acid and Opium proved successful, which deserve attention.

† *Medical and Physical Journal*, 1799.

‡ Some Practitioners give Ipecacoan alone, either in powder or infusion.—*Blanc* thinks a grain or two enough in the West-Indies, but *Ontyd*, in Germany, gives it with Opium, to the extent of a drachm ; and *Bailman* goes the length of two drachms.—*Clark* prefers the infusion.—It was originally given in decoction.—See *Clark* on the Diseases of Dominica.—See *Piso de re naturali*.

skin becomes open, the gripes abate, and the stools assume a natural appearance. The patient may then safely have recourse to the moderate use of Astringents, such as are directed in *No.* 29, 30, 31, 32; which, by restoring the bowels to the proper tone, complete the cure. But it is not in all cases we can expect this happy issue: In spite of these, or any remedies, the disease will sometimes become highly putrid, and prove fatal in the course of a few days; but more commonly it becomes chronic, the feverish symptoms and gripings in part subsiding, but the slimy and bloody stools (with hardened lumps of excrement, called *sejvals*) and tenesmus still remaining. In this stage of the disease, when either the liver is affected, or the coats of the intestines become thickened and ulcerated,* Mercury is considered as the best remedy:† Mercurial frictions may be employed, and from five to ten grains of Calomel be given every night, or every other night, alone or combined with Rhubarb—at the same time an Opium Pill.—In the day time the Quassia Infusion, Columbo Root Infusion, &c. may be given, with any of the astringents or demulcents above referred to. When tenesmus only remains, with slimy stools, Mucilaginous and Astringent Clysters may be administered, two or three times in the day.‡ See Forms, *No.* 33, 34.—The Bark, infused in lime water, may be given in the end of the disease. For remedies against old Dysenteries see *No.* 37.

To conclude, the cure of this disease consists in cleaning well the bowels in the beginning, and keeping them open; by restoring the perspiration and easing the pains or gripes, by warm bath—fomentations—
emollient

* Dr. Crawley, a Gentleman on the Hospital Staff in this Island, examined the bodies of a number of soldiers who died of Chronical Dysentery—in all which he found the coats of the intestines in a tuberculous state.

† See Boag—Clark—Ontvd.

‡ Dr. Jackson recommends Clysters of Sugar of Lead and White Vitriol, which I have found of use,

C H A P. II. emollient and anodyne Clysters—by Blister to the abdomen—and by opiates after due evacuations—lastly, by strengthening the bowels by tonics.

The disease being an extremely offensive and contagious one, the utmost attention to cleanliness is required : The stools are to be immediately removed, and the utensil washed—the patient's clothing and bed linen daily changed—and the room duly ventilated ; but care should be taken, that no current of air blows on the patient, to check the perspiration.—A flannel shirt will accelerate the cure, and prevent relapse.

The DIET, in this disease, constitutes a principal part of the treatment : Drinking plentifully of demulcent liquors will serve greatly to ease the bowels : The Food should consist at first, of nothing but Sago, Indian Arrow-Root, &c. ; afterwards wine and spice may be added, and weak broths allowed—calves foot jelly, &c.

In epidemic and putrid cases, the use of Antiseptic Fruits may be allowed ; viz. Oranges—Guavas—Pomegranates—but they are sometimes apt to increase the gripings, and when that happens must be desisted from.

Milk is greatly desired by some patients in chronic dysentery, but it should be mixed with water, or turned into whey with orange-juice.

Dr. Moseley recommends his Vitriolic Solution, No. 34, as a sovereign remedy in every stage of Dysentery,* but I have not learned the success of it from any other practitioner.

See COUNTRY REMEDIES:—Guava, Cashew, Birch, Pomegranate, Logwood, Hogmeat. *Appendix.*

DISEASES

* See Moseley on Tropical Diseases, page 383.

DISEASED LIVER and SPLEEN.

Dysentery accompanies Fevers or reciprocates with them: Diseases of the Liver are either a cause or the consequence of them; and are, therefore, in this place, properly the subject of consideration. CHAP. II.

A Disease of the Liver is known from pain and enlargement in the right hypochondre, *i. e.* under the cartilages of the ribs on the right side. Of the Spleen, from the same symptoms on the left side, or towards the left hypochondre. Both the one and the other is occasioned by long continued intermittents; but they also come on from other causes, as cold, &c. and particularly from the intemperate use of ardent spirits.

Obstructions in the Liver are sometimes attended with symptoms of Inflammation, Fever, and violent pain; at other times, with Jaundice, and occasion Dropsy.

In some cases, or where the disease is seated in the concave, or under part of the Liver, there is no swelling or hardness to be perceived.

Sometimes the disease gives little uneasiness, people labouring under it for many years of their life, without any acute symptoms; but, when attended with Pain and Fever, the earliest and strictest attention is required, to prevent Inflammation terminating in Abscess. Copious Bleeding then, is, in the first place, to be had recourse to. Then Laxatives (*No. 3, and 4*); Fomentations and Blister to the part. If the symptoms do not quickly give way to these means, Mercurial Frictions* are to be employed—two drachms, or more, of Mercurial Oint-

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* See a valuable paper on this subject, by Dr. Chisholm of Grenada, in the *Med. Cent.* 1787.—Dr. C. gave from 3 to 7 grains of Calomel, with $\frac{1}{2}$ of a grain of Opium, three times in the day, till salivation came on.

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ment must be rubbed every day into the right leg and thigh, and five grains of Calomel given every night, till the mouth is affected, or the symptoms are mitigated.* A Burgundy Pitch Plaster may be of great service in preventing relapse, and Bitters with Chalybeates will be afterwards proper for restoring the tone. A mineral water, containing the metal in a diluted state, is preferable—the Artificial Pyrmont, prepared with Nooth's machine, may be substituted for any natural chalybeate—or ten or fifteen grains of Salt of Steel may be dissolved in a quart of water, with the addition of a tea spoonful of Elixir of Vitriol, to be used in the course of the day.

Affections of the Spleen are to be considered and treated in the same manner as those of the Liver. The Nitric Acid, which has been employed as a substitute for Mercury in the *Lues Venerea*, has been likewise used in its place in obstructions of the Liver† and Spleen.

Persons having frequent returns of the Liver Disease should go to a cold climate—the best remedies on their arrival there, are the chalybeate and purging waters, particularly the *Cheltenham* waters, in England.

Obstructions of the Liver, and Inflammation, sometimes terminate in abscess, which may break internally into the duodenum, and the matter
be

* More or less Mercury may be required, according to circumstances.—Dr. Saunders has an opinion, that acute Inflammation of the Liver is seated in the extremities of the hepatic artery, and that chronic affections of the Liver are owing to obstructions in the branches of the *vena portarum*. Perhaps the membranes of the Liver are most concerned in true hepatitis, and the *parenchymatous* substance in the chronic disease.—Dr. Saunders thinks Calomel and Mercurials are not to be employed in the active Inflammation; they may not, perhaps, be proper in hepatitis, or an Inflammation of the membranous covering of the Liver, brought on by cold air, like Pleurisy; but experience shews the necessity of them, in every other case. See Saunders on Affections of the Liver.

† See Scott on Nitric Acid.

be discharged by stool. When this abscess points externally, it must be opened by the lancet ; which may be done with safety and success.*

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Diseases of the Liver are also followed by a looseness, or bloody watery stools, like the washings of flesh ; which shew an incurable disease. There is also a Liver Cough and Consumption ; viz. where an adhesion takes place between the Liver, Diaphragm, and Lungs, and the abscess of the Liver breaks into the Lungs.†

JAUNDICE.

Jaundice sometimes attends the foregoing disease, but it is also occasioned by stones, or biliary concretions, in the gall ducts, or by spasmodic constriction ; pressure from tumour in neighbouring parts, &c.

In Jaundice, the bile, which should be poured into the intestines, is returned into the blood, and communicates a yellow colour to the skin and whites of the eyes, and at the same time renders the urine of a deep saffron colour ; whilst the excrements, being deprived of bile, are of a white or ash colour : The patient is short-breathed, costive, labours under acidity and indigestion, is low spirited and sluggish, having no propensity either for occupation or amusement.

In cases of stone in the gall ducts, there is sometimes excruciating pain.—For the relief of this, Bleeding, Fomentations, Warm Bath, Electricity, Flexion of the Body over a Cask, Anodyne Liniment, No. 44.—internally, Laudanum, three or four table spoonfuls of Olive Oil, Æther—Clysters of Asafœtida, No. 72.

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* See cases related by Dr. Clark of Dominica. *Med. Com.* 1795.

† See Dr. Wade's and Dr. Paisley's account of this in Bengal.

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For dissolving biliary concretions, the patient should eat raw acrid Vegetables, take the Powder of Madder-Root, and drink the Artificial Seltzer Water, thus prepared: Take Min. Alkali, called Soda or Natron, one drachm, dissolved in a pint of water; drink half a pint two or three times in the day; or Pills of Natron, *No.* 94.

For dissolving Gall Stones, take a raw egg every morning;* or *Æther*, in the yolk of an egg, as lately recommended;† but Mercurial Salivation is the most certain cure.

In ordinary cases of Jaundice, the chief remedies are, 1st. a VOMIT of Ipecacoon, to be occasionally repeated:—PURGATIVES, *viz.* Pills of Rhubarb and Soap, taken daily, *No.* 83—Soluble Tartar and Rhubarb, *No.* 84, every night—at the same time, through the day, Bitter Infusion, with Rhubarb, *No.* 40—Bitter Infusion, with Salt of Worm-Wood, *No.* 54—afterwards, when the obstruction is removed, Chalybeates may be added to the bitter—or the Mineral Waters, *No.* 47, may be drank.

DIURETICS are also of use; *viz.* Squill Pills—Decoction of Grass Roots, with Oxy-mel of Squills. See *Dropsy*.—In obstinate cases, give Squill Pills, with Calomel, *No.* 53.

REGIMEN is of great consequence in this disease—the patient must make use of no crude, flatulent, or indigestible aliments. Caloe is an excellent vegetable. Acid drinks and malt liquors are improper: The best drink is mixed rhenish, or gin and water—or ginger tea—or spruce, with ginger.

Lastly,

* *Dr. White.*

† *Gibbons, Med. Com. 1799.*

Lastly, EXERCISE: Without this, hardly any good effect can be expected from other means. Every kind of it is proper, but riding is preferable; sailing, swinging—Battledore and shuttle-cock, &c. are suitable exercises.

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A number of nostrums and charms are employed for curing this disease, which I have no doubt prove sometimes efficacious, by exciting the mind, which is commonly in a torpid languid state. It is *hope* that produces the change, not the Medicine. A very learned and reverend Divine, of my acquaintance, who laboured under Jaundice, having found no relief from the Medicines ordered him, was prevailed on to consult an old woman at Port-Royal, who had great reputation for curing Jaundice—he did so—that is, he sent his urine to her two or three times in the week; and *his faith saved him*.

DIARRHŒA—CHOLERA MORBUS.

These, in some cases, may be considered as only different degrees of the same Disease, occasioned by the overflowing of bile; which, when secreted in an undue quantity, is at the same time changed in its nature, becoming highly acrimonious, irritating the bowels, and causing profuse evacuations, either by stool alone, as in Diarrhœa, or both by stool and vomiting, as in what is called Cholera Morbus.

These complaints are most prevalent in the autumnal season, and are brought on by drinking too copiously of cooling liquors, such as Lemonade, &c. or eating excessively of the watery and crude fruits, such as melons, cucumbers, &c.*

The

* I have known it several times occasioned by persons drinking a great quantity of sour beverage, after taking Magnesia.—Dr. Charles Richardson, an eminent Practitioner of Physic in this Town, fell a sacrifice to this indiscretion.

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The Cholera Morbus is a dangerous disease, bringing on cramps and death in the course of a few hours, if the evacuations are not restrained. This is to be done, both in Diarrhœa and Cholera, by giving at first large and repeated draughts of warm water, chamomile tea, thin gruel, barley-water, chicken water, and other demulcent liquors; then by Opium and Astringents; but care is to be taken not to stop the discharges downwards too suddenly. First of all then, after the patient has drank plentifully of the above liquors, to facilitate the discharge of acrid matter, give one or two Opium Pills, No. 28, and repeat the Dose, if necessary, two or three times, at the distance of two or three hours (in Cholera it may be required much oftener); then give the Chalk Mixture, No. 29, or any of the other Astringents prescribed, No. 30, 31, 32. Care is to be taken to support the patient's strength by due nourishment, such as sago with spice and wine; &c.; and, when the symptoms are abated, the tone of the bowels is to be restored, and relapse prevented, by the use of the Bitter-Wood or Columbo Infusion; to which may be added, occasionally, a few grains of the Powder of Rhubarb, to open the bowels when necessary. See Form, No. 40.

Diarrhœa and Cholera may be brought on by other causes, by over-eating, or by eating crabs, oysters, &c.; in these cases, it may sometimes be necessary to take first a gentle Vomit of Ipecacoan or Rhubarb, to carry off the offending matters, and then ginger tea, with brandy.—See Poisons.

DRY BELLY-ACHE.

This torturing Disease is much less frequent than formerly, which circumstance is not improperly imputed to several changes in the mode of living, and to a different manner of clothing,* which, in the present

* I have known several persons who were liable to returns of this complaint, get the better of the disposition towards it, by wearing warm clothes. Belly-Ache people should always wear flannel next their skin.

sent day, renders people less liable to be affected by the alterations in the air from heat to cold. The *Colica pictorum*, and Devonshire Colic, (the Colic caused by lead) has so close a resemblance to the Dry Belly-Ache, that they have been thought the same disease, and the Dry Belly-Ache has been supposed owing to the same cause, *viz.* the poison of lead contained in rum; but the disease frequently attacks persons who never use rum, or any liquors that can be supposed to contain lead, and is brought on manifestly by other causes; *viz.* by suppressed perspiration from cold, after being in a heated or fatigued state;* particularly if, at the same time, there be a redundancy of bile in the first passages, and the bowels are constipated. That the lead contained in new rum may be sometimes the cause of it amongst the soldiery, as is contended for by a respectable Writer,† is not disputed; but I am of opinion, it is much more frequently to be attributed to the causes above-mentioned; to which soldiers, in their barracks, are particularly exposed.

Cold, or a current of cool air, directed upon the body in a debilitated state, and when perspiring, produces sometimes, in place of Belly-Ache, a total loss of power in the limbs, or a species of Palsy, that may not perhaps be improperly termed the *Rheumatic*; though it is not always attended

* From this cause alone, the Author was once affected with this direful complaint, by which he lost the use of his arms and legs for several months.

† Dr. Hunter, *Med. Comment.* 1788.

Dr. Hunter detected lead in the rum used by the soldiers, by the most unequivocal proof; yet, the Author of Observations on Tropical Diseases does not scruple to assert, that such "*Chimeras, (viz. as that of lead in rum) shew little chemical, and much less medical, knowledge.*" Lead, according to this Ch. mist, is perfectly innocent whilst its phlogiston is bound down to its earth. Ceruss is also innocent until its phlogiston is revived!—Notwithstanding the foregoing remark, the accuracy of which I shall leave to others to judge of, I think it my duty to caution against the effects of lead. Negro plumbers are in the custom of casting leaden spoons, the use of which is extremely dangerous.

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attended with severe pain:—At other times, cold so applied is the cause of Tétanus, or Opisthotonus, in which the symptoms are exactly the same, as when brought on by wounds of the tendons and other injuries, though not so severe, or so certainly fatal.

Although the Dry Belly-Ache, and Colic from lead, arise from different causes, the symptoms are so much the same, that the cure cannot greatly vary *

The disease, if neglected or ill treated in the beginning, is extremely obstinate, and leaves dire effects.—The patient suffers the most excruciating torments for days, and sometimes weeks, without any evacuations by stool, and afterwards loses all power in his arms and hands, and sometimes also of his legs.

The first object in the treatment of this malady, is to relieve the pain of the bowels, and stop the retchings, if there be any—for this purpose, after giving a few cups full of camomile tea, to bring off the contents of the stomach, try to quiet it by strong mint tea—essence of peppermint†—and by forty or fifty drops of Laudanum, or rather by two or three of the Opium Pills, No. 28; at the same time, administer Anodyne Clyster, No. 33; or Fœtid Clyster, No. 72.‡ As soon as ever the pains are by these means (or by putting the patient into a warm bath) mitigated

* Mr. Alibert, however, has observed, that the Madrid Colic, though resembling exactly the colic of Poitou, did not admit of relief by the drastic method practised at Paris in that disease. See *Med. and Phy. Journal*, No. 12.

† If the essence or oil of mint be not at hand, take some of the leaves of mint, and put them into a tea saucer with brandy or rum, to which set fire, and let it burn for a few seconds; when the remainder, after blowing out the fire, will be strongly impregnated with the oil. A tea spoonful or two of this burnt brandy may be given in a little sugar or water, in place of any other mint cordial.

‡ Giving Opium by Clyster as recommended by Percival, is an excellent practice.

gated, and he can be made to retain any thing on his stomach, give three of the pills (*No.* 36), every three hours, till they begin to operate,* or shew signs of operating; then administer Clysters of Castor-Oil, and give a glassful of the Emulsion (*No.* 38), of Castor-Oil every hour, till plentiful stools are produced;† after which, the patient is to be supported with nourishment and wine; and care taken, by the daily repetition of Clysters and the Castor-Oil, to prevent any return of costiveness; or three or four of the pills, *No.* 37, may be given morning and evening, as occasion requires, to keep the bowels perfectly open. A tea-cup full of the infusion of Columbo, or Bitter Quassia, should also be drank three or four times in the day, or, thirty or forty drops of the Balsam of Peru, put into a little Mustovado sugar, swallowed two or three times in the day.

The above is the most certain and safe method of giving relief in ordinary cases; but, in more desperate ones, other Medicines may be tried; amongst the most powerful of which are, the Vitriols and Alum. See *Moseley's* Solution, *No.* 34.—*Chalmers's* Solution, *No.* 35.—*Dr. Perceval* orders ten or fifteen grains of Alum, every four or six hours.

I have never given either the Vitriols or Alum before the bowels were opened; but have found the Solution of White Vitriol very beneficial afterwards.

The Country Remedies appear to be entitled to a just pre-eminence over any others, in desperate cases, particularly the Wild Cassada, the
O efficacy

* Calomel has been substituted to these pills formerly employed, and has been given in very large doses very successfully; but, in many cases of Dry Belly-Ache, even small doses will affect the mouth, and bring on excessive salivation. See *Clark*.

† I have understood that there is a new practice of injecting Clysters of Cold Water, but I know not with what success.

CHAP. II. efficacy of which I have witnessed.—See Appendix, for COUNTRY REMEDIES.

The Palsy of the Limbs, which remains after this Colic, is the reproach of the Medical art. - Young people recover from it perfectly in time, by the powers of the constitution, but those in advanced life seldom or ever regain the entire use of their limbs, with the assistance of any remedies. The warm bath and *Bath waters* have been long celebrated in these cases; and I have had opportunity, during a residence for many years on the spot, of seeing them frequently useful, within certain limits; but I am sorry to observe, that I know of few complete cures. To obtain this, a voyage to a cold climate is indispensably necessary. Such persons as cannot avail themselves of change of climate, must rely on the use of Tonics. Electuary of Gum Guaiacum, with Bark, No. 46.—Chalybeates, No. 47, 58.—Frictions, and Exercise; viz. Walking, riding, swinging the dumb bells, Electricity.—The Vitriolic Solution, No. 34, is one of the best Tonics.

The Balsam of Peru, forty drops—Balsam Capivi and Barbadoes Tar, sixty drops—Oil of Amber, four or five drops—taken in sugar—are esteemed useful remedies.

The Liniments, No. 39, may be also made use of, for rubbing the paralytic limbs.

CHAP.

CHAPTER III.

On INFLAMMATORY DISEASES.

RHEUMATISM.

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III.

THIS, though considered as a disease of cold climates, is not an unfrequent one within the tropics, and proves in many cases, very intractable ; continuing for months, nay, for years, in defiance of every remedy. It is principally of the chronical kind, affecting either the muscles of the neck, occasioning what is called Cricked Neck—the larger joints, as the shoulders, knees, and ankles—or the parts about the loins and hip joint, constituting what are called the Lumbago and Sciatica.

These Rheumatic complaints are, in their commencement, attended with more or less Fever, which occasionally recurring, aggravates the symptoms : The cause of Rheumatism is well known to be Cold, partially applied, more particularly when the body is in a heated and perspiring condition ; and this is what persons in the West-Indies are much exposed to—from their houses being so constructed as to be favourable to a draft of air—from the sudden changes of weather, in certain months during which the north winds prevail—and from the occupations followed by the majority of the inhabitants, who either pass a sedentary and confined life, rendering them susceptible to the slightest impressions from cold, as that of Clerks ; or, on the contrary, are much exposed to the

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inclemency of the open air, in all seasons, and at night hours; viz. Book-keepers, Doctors, and others. It is therefore matter of surprise, considering the foregoing circumstances, that there should be so few instances of Rheumatism. The most effectual way of guarding against it is, by hardening the constitution; *i. e.* by insuring the body, by degrees, to every change of atmosphere. To this the daily use of the cold bath eminently contributes—the next most important preventive, is the wearing of flannel next the skin.

TREATMENT.—If Rheumatic Pains are accompanied with symptoms of general Fever, Bleeding may be sometimes advisable, particularly in the young and plethoric.—After opening the body, give the Nitrous Powders, *No.* 7, 8—Saline Julep, *No.* 11—or the Antimonial Powders, *No.* 10—with warm diluent drinks, to promote perspiration.—The Antimonial-Opiate, *No.* 47, may be sometimes proper, to occasion rest.—The pained and affected part should be frequently rubbed with the Volatile Camphorated Liniment, *No.* 25, and Blisters occasionally applied.

When the complaint is more purely Chronical, besides the external applications before recommended, the following ones may be used: Opodeldoch, or Soap Liniment, *No.* 44*—hot salt brine—bags of heated salt—Vapour Baths—Liniments, *No.* 39—In the Rheumatic White Swelling of the Knee: Mercurial Frictions and Blisters.—Liniments, *No.* 39.—In the Sciatica and Lumbago: Burgundy Pitch Plaster. The ancients applied the actual cautery.†—Internally, the Volatile

* The Soap-Berries, so much celebrated (how justly I cannot say) as a cure for Chronical Rheumatism, can only be supposed to act in the same manner as any other Saponaceous Liniment.

† *Celsus pro ultimo remedio suadet tribus aut quatuor locis super coxam, cutem candentibus ferramentis exulcerare.*

Utile tincture of Guaiacum—Bolus of Guaiacum, No. 82—Spirits of Turpentine, with Honey, No. 63. In obstinate cases, small doses of Calomel should be daily administered, or Plummer's Pills, with a decoction of the Woods or Mezereon; and at the same time the Warm Bath, will be found the most efficacious mode of treatment.

Acute Rheumatism, when in the decline, is sometimes prevented from degenerating into the Chronical, by giving the Bark combined, as in No. 46—or the Decoction of Bark, with Elixir of Guaiacum.

Great attention should be paid to distinguish rightly between Rheumatic and Venereal Pains; but pains considered as Venereal, are often only Rheumatic, brought on by indiscreet exposure, whilst under a Mercurial Course.—An alterative Mercurial Course is, however, the best cure in such cases, or perhaps the Nitric Acid,* No. 45.

To remove debility, after the pains abate, and to obviate a return of the complaint, friction and the cold bath, which I have tried at the *Bath Hospital*, alternately with the hot bath, and frequently with good success. †

When the pains are superficial, the greatest advantage is found from Turpentine and Mustard Frictions—or Liniments, No. 39.

GOUT

* The Nitric Acid lately discovered to be a cure for *Lues Venerea*, has been also recommended in cases of this doubtful kind. See *Ferriar*.

† In Chronic Rheumatism there is a torpor which the hot bath is calculated to remove on the one hand, whilst the cold bath proves Tonic on the other.

GOUT.

CHAP.
III.

The Gout and Rheumatism are so nearly allied, as to be in many cases difficultly distinguished. Gouty people are not exempt from Rheumatic affections, and the two Diseases may therefore be complicated; but in general, they are known from each other by their manner of coming on, and by the constitutions they attack. Rheumatism is occasioned by external cold; Gout is preceded by indigestion, flatulence, and acidity of stomach. The Rheumatism is seated in the larger joints, as the knees, ankles, shoulders, elbows, wrists; Gout in the smaller joints, or those of the toes and fingers. The great toe is generally its throne, which it seizes suddenly, causing extreme pain and inflammation: Along with the swelling there is a shining redness of the skin, and the most exquisite sensibility.

This Disease is the inheritance of many, but the title to it is often an acquired one. Premature venery, intemperance in the use of wine, late hours, and an indolent manner of living, are the causes of bringing it on at an early period, and rendering many young men victims to it. The means of preventing the Disease are well known, but the cure for it is not yet discovered, and those subject to it must therefore compound, either to suffer in patience, or rigidly to adhere to the rules of living necessary for warding it off. What these are, I hardly need to point out, but the most essential one, is a total abstinence from wine and spirituous liquors, particularly wine.* The same injunction has been

* I have known several arthritics, who could never indulge in a few glasses of wine without bringing on symptoms; but who, by a rigid and persevering abstinence from wine, kept off any fit. The late Dr. Brodbelt, of Spanish-Town, was an eminent instance of this.

Celsus relates that, "*Quidam cum toto anno a vino, mulso, venere sibi temperassent, sequitur curitatem totius vitæ consecuti sunt.*" *De Man. et Ped. Vitiis.*

been enforced with respect to the use of animal food, but perhaps without the same substantial reasons. On this important subject, I must refer my Readers to other* Authors, but particularly to Dr. *Darwin*, who has given, in the history of himself and some of his friends, examples of the good effect of the regimen he recommends, which does not prohibit animal food.

What I shall here offer on the treatment of Gout, relates chiefly to the conduct proper during the fit, and in particular cases, as when it is repelled, and attacks the head, stomach, &c.; for, as to the efficacy of Guaiacum, Bitters, and other Remedies, recommended for eradicating the complaint from the habit, whatever efficacy they may have under particular circumstances, they are incompetent to this end, and the too liberal or long continued use of them, frequently does much mischief, by destroying the tone, and laying the foundation for Dropsy.

BLEEDING is recommended in the first attack, if the patient be young and athletic; more particularly if the fit has been brought on by any sprain or accident, which is not unfrequently the case;† but, in subsequent paroxysms, Bleeding should be used with great caution, as it has a tendency to prevent the proper inflammation taking place in the joints, and thereby to occasion great danger.

If there be any stomach affection, as nausea, sickness, &c. VOMITING may be excited by Chamomile Tea—a few grains of Ipecacuanha—or a tea spoonful of mustard, in a cup full of warm water—but the custom

† *Cadogan—Cheyne—Gardiner—Zozmia.*

* I remember a gentleman who, without any previous symptoms of Gout, had a most violent attack brought on by a sprained ankle: After this he had frequent returns, and fell ultimately a martyr to the disease, at the age of about 45.

CHAP. custom of some persons, of taking frequent Vomits, is not to be recommended.
III.

In cases of considerable costiveness, a laxative may be necessary, such as Castor-Oil, Tincture of Rhubarb, or the pills, *No. 37*; but the principal relief, during the painful paroxysm, is obtained from such things as keep the part, and the whole body, in a perspirable state.

Where there is Fever, the Antimonial Powder, *No. 9*, will be the best diaphoretic: In other cases, the Guaiacum with Mindererus's Spirit, *No. 13*—The Volatile Tincture of Guaiacum—Bulus of Guaiac. *No. 82*.—Frequent draughts of warm diluents should be taken, to promote the action of the above Medicines.* No relief of the pain will be found from Opium or Laudanum; but, when the patient has been long harassed for the want of sleep, the Antimonial Opiate may be sometimes given at night, particularly in the decline of the fit.†

EXTERNALLY nothing is to be made use of but flannel or wool, for defending the inflamed and irritable surface from the action of the air, and for promoting the perspiration. The use of Liniments, or Embrocations, are not only useless but dangerous, as they repel the inflammation from the part, and throw it elsewhere, to cause greater‡ injury.

The

* Dr. *Gagden* relates the case of a person who, in a fit of the Gout, eat three salt herrings out of the pickle, and refrained twelve hours afterwards from drinking. This was on the principle, I suppose, that *Ignis igne extinguitur*.

† The celebrated *John Brown*, whose opinions form an æra in Medicine, considers Gout, in all cases, as a disease arising from indirect debility, and places the whole cure in the administration of Opium and Stimulants. He afforded the world a proof, if not of the success of his practice, at least of his determination to follow it; for it is said he killed himself by it.—Concerning the use of Opium in Gout see some valuable observations in *Crump*, on Opium.

‡ Dr. *Russ*, however, recommends frictions with warm melasses.

The warm coverings should not be continued unnecessarily, as they relax and weaken the parts. C H A P.
III

To remove the subsequent rigidity, and to restore the action of the parts, warm bathing and dry frictions.—In the convalescent state, warm bathing, Chalybeate Mineral Waters,* and exercise, are the means most conducive to perfect recovery.

When the constitution has suffered much by Gout, or when it attacks weakly and elderly people, the disease, instead of shewing itself by inflammation of the joints, appears in affections of the stomach, bowels, and other parts.—This is called *Atonic Gout*. It is in this state of the disease, that the Guaiacum, Bitters, &c. chiefly prove useful; but Chalybeates are still more beneficial. See No. 46, 47, 48.

The inflammation of the joints, if repelled, may fall on other parts; viz. the stomach, the lungs, the head, and occasion great danger: In this case, or whenever the Gout attacks these parts, every thing must be done to repel it from thence, and solicit it back to the extremities.

In Gout of the stomach give Brandy, or Ginger Tea, with Laudanum—Ether—Volatile Spirits—Tincture of *Asaætida*—Musk, See No. 19, 71, 73.†

P

Gout

* The Bath Waters were formerly much resorted to by Arthritics, or Gouty Persons: They are thought to be useful in accelerating or bringing on a fit when required, and also to promote the recovery of convalescents.—See *Essay on the Bath Waters*, by the Author of this Work, published 1784.

† The dose, or quantity of these, necessary to give relief, cannot be prescribed; it is sometimes considerable; I have known a pint of brandy taken without effect.

CHAP.

III.

Gout of the Head—put the feet in warm water, at the same time applying towels soaked with cold water to the head—blisters to the thighs and ankles.

Gouty people are subject to the Gravel and Inflammation of the Kidneys or Bladder: In this case, the patient should drink plentifully of Demulcent Liquors; Linseed or Ockrow Tea.—An Anodyne Clyster, No. 33, may be administered; and then warm fomentations of the loins. In Gravelly complaints, the Natron Pills, No. 94.

I think it unnecessary to say any thing of Regimen in the Gout, either under the fit, or in the intermission, as it is of importance to persons labouring under this malady, to seek information from more fertile sources.

Since this Work went to the Press, the Author has seen the Observations of Dr. *Russ*, in his Fifth Volume of Medical Inquiries, on this subject.—Dr. R. says, the Gout is a disease of the whole system, primarily of the solids; affecting chiefly the sanguineous Temperament—both men and women, but the latter under a more feeble form. It attacks every part of the body;—the viscera, producing symptoms of inflammation;—the lymphatic glands, producing Ptyalism, Babo, and Dropsy;—the skin, producing Erysipelas, itching of the arms, &c.—the bones, producing dislocation, &c.—Mentions one case, where the thigh-bone was dislocated.

Respecting the treatment.—The treatment he recommends, in the approach of the fit, is by Bleeding, Purging, Bathing the part, and rubbing with spirits C. C. and Laudanum.

2. In the violent paroxysm Bleeding, which he strenuously recommends,

tends, for moderating the pain, and preventing the system from being worn out.—Cooling Medicines, as Nitre, &c.—Blisters, and Caustics to the inflamed joints—rubbing them with melasses.*

3. In cases of feeble morbid action, as in Atonic Gout, Opium—Madeira Wine—Volatile Alkali—Mercurial Salivation.†

4. To obviate a return, Guaiacum—Chalybeates.

PLEURISY—PERIPNEUMONY.

Pleurisy is a pain in the side, with difficulty of Breathing, Cough, quick strong Pulse, and other symptoms of Fever: It consists in an Inflammation of the Pleura, or Membrane that lines the inside of the Thorax, or Chest.

Peripneumony is a similar disease, affecting the same Membrane that covers the Lungs, or is an Inflammation of the Lungs themselves: The pain here is not confined to the side, as in Pleurisy, and the pulse is softer, but there is no essential difference in the two complaints: They are both occasioned by cold, and chiefly attack robust people. They prove very fatal to negroes, and are at all times dangerous diseases, when they are not taken in time.

The first and most important step in the treatment is Bleeding. The patient should lose from eight to twelve ounces of Blood from the arm, as soon as possible; and, if not relieved thereby, or from the subsequent means recommended, he should lose eight ounces more, in the course of six or nine hours.

P 2

After

* This mode of treatment will, I doubt not, be thought more adapted to Rheumatism than genuine Gout.

† This has been also advised by a German Author.—See *Ontyd, on Mortal Diseases*.

CHAP.

III.

After Bleeding, a Blister may be applied to one or both sides. In slight cases, after warm Fomentations with Flannels, wrung out of Chamomile decoction, let the side affected be rubbed with the Volatile Camphorated Liniment, *No. 25*—Give the Tamarind Pilsan, *No. 3*, to open the bowels. Let the patient inhale the steams of warm water, as in Sore-Throat. See *page 119*.

As soon as the Bowels are open, give small doses of Antimonial Powder, *No. 9*—or the Saline Julep, with Antimonial Wine, *No. 11*—or Mindererus's Mixture, *No. 13*—for promoting perspiration; which is to be kept up by taking frequently small draughts of warm diluents, such as barley-water with vinegar and honey, lemon-grass tea, wild liquorice tea, &c.

By these means the Cough will be also appeased; otherwise, after what has been premised, the Antimonial Opiate, *No. 17*, may be given at night, or the Purgative Draught, *No. 41*.

These complaints generally terminate by expectoration, or a discharge of frothy phlegm (sometimes streaked with blood) from the Lungs: It is of great consequence to promote this expectoration; because, if stopped, the patient is apt to have a fatal relapse. For the purpose above-mentioned, give Milk of Gum Ammoniac with Squills, *No. 42*—or Oily Emulsion, *No. 89*.

When all symptoms of Inflammation are gone off, and the expectoration is free, the patient's recovery may be promoted, by giving the Decoction of Bark with Honey of Squills, *No. 43*.*

Peripneumony

* A new treatment of these diseases, by Calomel and Opium, is recommended by Dr. Hamilton, of Lynn Regis. See *Med. Comment Vol. 9*—This practice, we learn from Dr. Wright, has been long in use with Dr. Errummond, in Westmorland.

Peripneumony is sometimes Epidemic, and of the putrid malignant kind. The inflammatory symptoms are less acute, but the patient suffers great prostration of strength, and dies very suddenly, with all the symptoms of general putrefaction. In these cases, Bleeding, if not wholly to be omitted, is not to be repeated.*

Blisters—Camphorated Mixture, No. 15—Infusion of Snake-Root; No. 16—Decoction of Bark, with Honey of Squills, as above, are the principal remedies.†

It sometimes happens, that the Inflammation in these complaints occasions an adhesion between the Pleura, or Membrane lining the Ribs internally, and the Lungs, or else terminates in suppuration, and either an Empyema, or Vomica, takes place: The former is an effusion of purulent matter into the Thorax, which requires an operation for the discharge—this consists in an opening made between the Ribs.‡ A Vomica is an abscess in the Lungs, which breaking, the matter is discharged by the mouth.

The Disease called *Spurious Pleurisy* is nothing but a Rheumatic Affection of the Muscles of the Side, and is cured, as Rheumatism, by Fomentations, Liniments, Blisters, Sweating Medicines, such as No. 10, 15, 17.

QUINSEY

* In all Inflammatory Diseases the Blood drawn is, after standing some time at rest, covered with a buff coat, or whitish coriaceous crust, particularly in Pleurisy; if, therefore, Blood-drawn has not this appearance, it is a sure sign that further Bleeding would be improper. There being such a crust is not, *vice versa*, always, or by itself, an indication of the necessity of Bleeding.

† See *Cappel* on Putrid Peripneumony.

‡ See an extraordinary case of a man who, being frightened at the operation, ran away; and, by the effect of terror, or violent exertion in running, got rid of the disease: In what manner these operated, is a subject for inquiry.

QUINSEY—INFLAMMATORY and MALIGNANT SORE-
THROAT—CROUP, &c.

CHAP.
III.

Inflammatory Sore-Throat is brought on by exposure to cold winds, sitting in a current of air when in a heated and perspirable state, by getting wet in the feet, and similar causes: It begins with slight uneasiness in swallowing; which increases, from the tonsils or the glands of the throat becoming very much swelled and inflamed, as also the whole fauces. It is accompanied by heat and thirst—quick strong pulse—and other symptoms of an inflammatory nature.

As it is of great consequence to distinguish the Inflammatory from the Malignant Putrid Sore-Throat,* I shall now describe the latter. The Putrid Sore-Throat mostly attacks children, women, and weakly people; is commonly epidemic, occasioned by contagion, not by external cold. The pain of swallowing is less considerable, there being not so much swelling or internal Inflammation of the Throat, but white spots are observed in the tonsils and different parts of the fauces, which conceal ulcers beneath; there is some swelling about the neck externally, and frequently about the second or third day, scarlet eruptions on the neck and breast.

The Fever here is not of the inflammatory but malignant kind, as appears from the low pulse, great prostration of strength, vomiting, Diarrhoea, &c.

So different are the two kinds of Sore-Throat, that in common it is hardly possible to mistake the one for the other; sometimes, however, there

* See Introduction, pages 40 and 41.

there are, in the Inflammatory Sore-Throat, white mucous crusts, or slight ulcerations of a benign nature, that may cause mistake, and give unnecessary alarm.* It is, therefore, from the state of the Fever and the symptoms taken altogether, that we are to form our judgment respecting the real nature of the complaint, and take our Indication of Cure; which, in the two diseases, are so opposite, that what is necessary in the one case, would prove fatal in the other.

Cure of the Inflammatory Sore-Throat.—If the proper means are not made use of, for moderating the Inflammation, an abscess of the tonsils, and suffocation, may ensue—the patient should therefore be bled, and purged freely, by means of *No. 2, 3, 4,* or any other Medicine of that kind: His Throat is to be frequently gargled with Sage-Tea and Vinegar, sweetened with Honey, or with any of the Gargles, *No. 54.*—At the same time he may inhale steams of Hot Vinegar and Water, through an inverted funnel:† Putting the feet in warm water is also of great use. —A piece of doubled flannel, well soaked with the Volatile Liniment, *No. 25,* should be kept constantly applied to the Throat externally. If the symptoms do not give way to this treatment, a Blister is to be applied on each side the Throat, under the jaw-bone.

If abscess should form, surgical assistance should be timeously called in, to prevent suffocation; or vomiting may be excited, either by a
Poultice—

* A species of Sore-Throat has occurred in this Town (Kingston), that does not appear to be, strictly speaking, either of the Inflammatory or Putrid kind; but somewhat, though not entirely, resembling the Aphthous Affection described by *Hilary, 273.* Small Pustules appear about the tonsils, velum palati, and tongue, which run into a general crust, that after some days, by the use of detergent and stimulating gargles, peel off, leaving the parts of a bright red colour, as though inflamed. The complaint is neither preceded or attended with any considerable degree of Fever or indisposition, but the Bark was nevertheless administered.

† There is a machine for this purpose, called Mudge's Inhaler.

C H A P. Poultice of Tobacco applied to the stomach, or else by a Clyster of Tobacco.
III.

Some people are liable to a return of Sore-Throat on every slight occasion—to obviate this disposition, the face, neck, and breast, should be washed every morning with cold water, and the mouth gargled with Decoction of Bark and Alum.

Relaxation of the Uvula.—People sometimes feel a degree of pain in the Throat, with some difficulty of swallowing, from a relaxation of the Uvula, and tonsils,* where there is no inflammation. A Mustard or Cayenne Pepper Gargle may be used, or a Gargle with Decoction of Bark and Alum. See No. 76, *b* and *c*.

Cure of Malignant Sore-Throat.—All evacuations, and whatever can weaken and debilitate, are in this Disease to be avoided, unless in the beginning a gentle vomit, and a few grains of Rhubarb, if necessary, to open the belly.

If there be spontaneous vomiting, it may be encouraged by a few draughts of Chamomile Tea.

The Gargles to be employed in this Sore-Throat must be all of the stimulating kind; viz. Mustard, Volatile Alkali, Cayenne Pepper, &c. See Gargles, No. 54, *a, b, c, d*. It is seldom that children, who are principally subject to this Disorder, can be taught or prevailed on to gargle; it is therefore better to use the Gargle with a syringe—the patient opening his mouth, whilst the liquor is thrown from the syringe
on

* This, in England, is called the falling down of the Almonds of the Ears, and the cure is effected by external frictions.

on the ulcerated parts.—Bags of Chamomile Flowers, boiled in a Decoction of Bark and Vinegar, should be kept to the Throat, and moistened with the liquor they have been boiled in.

C H A P.

III.

Blisters, though made use of in other climates, are here apt to mortify, and should be employed with great caution.

The most essential part of the treatment in this Disease, is keeping up the patient's strength, and obviating putrefaction, by nourishment, wine, cordials, stimulants, and antiseptics. See No. 15, 16—Pepper Infusion, No. 77—Decoction of Bark, with Mariatic Acid, No. 21. For ordinary drink, water may be sweetened with Syrup of Capillaire, or Syrup of Ginger, and acidulated with Spirits of Salt.

The sloughs, or ulcers, in the Throat, require strict attention; they are not to be forced away, but frequently touched with any of the preparations, No. 78. Dr. *Darwin* recommends dropping diluted Vitriolic Acid on the slough, through a glass tube.

In the *Scarlatina Anginosa*, or Scarlet Fever with Sore-Throat, a similar Disease, the use of Calomel has been recommended, and practised in America. It has also been successfully given by several of the Faculty in this Town, as likewise Cinnabarine Fumigations, in the common Malignant Sore-Throat.

I must not omit to mention that Norris's Drops have been successfully given in the Malignant Sore-Throat; though I cannot say so from experience.

CROUP.

CHAP.

III.

The Disease so called is not common in the West-Indies, but it is not unknown, and is not a little dangerous. It is the Disease of Children, and attacks suddenly, with difficulty of breathing; which is accompanied with a particular croaking noise, and wheezing—a dry cough—and symptoms of fever.—There is sometimes a degree of Inflammation about the fauces, but more commonly a swelling of the larynx externally. The matter coughed up is dry hardened mucus, sometimes having the appearance of the wind-pipe; for which it has, by ignorant persons, been mistaken. There has been a considerable difference of opinion among Physicians, as to the nature of this complaint; but it seems pretty generally agreed, that the Disease consists in an Inflammation of the Larynx, and parts about the Wind-pipe:*. It is, however, attended with Spasmodic symptoms, and is therefore thought by some to be a complaint altogether of a Spasmodic nature.† In the cure, Bleeding is the first thing recommended;‡ then a Vomit and an Asafoetida Clyster: Blisters, if used, must not be applied directly to the part; more advantage is obtained from Fomentations, or from Embrocations of the Throat with Spirits of Mindererus, Ether, &c.—or the application

* *Callen, Hmc.*

† Mr. *Field* says, there are two kinds of Croup, the Inflammatory and Spasmodic.—Dr. *Ferris* says also, there is the true and spurious Croup. *Vid. Mem. Med. Soc. 1799. Medic. Hist. and Cases.*

‡ The use of venesection in this, as well as some other Diseases, has been the subject of great contest.—A late Writer (*Mr. Haggan*) reprobates it in the most unqualified terms: Venesection, says he, is *never necessary—jeldom safe—frequently hurtful—and sometimes fatal.*—Assertions like these, in direct contradiction to universal opinion and experience, however imposing they may be, from the confidence with which they are uttered, will make but little impression on the thinking and reasonable part of mankind.—*See Med. and Ph. Journal, Jan. 1800.*

tion of Cataplasms, composed of Garlic &c. which may, at the same time, be applied to the soles of the feet. Warm bathing is also to be used, and the Asafœtida Clysters frequently repeated; but a more important remedy than any mentioned, has been lately discovered; *viz.* Calomel, of which from three to six grains may be given daily to young children, for several days. This practice of Dr. *Bidl.* at New-York, has been lately confirmed in Scotland;* where the Snake-Root has also been successfully used.

In the convalescent state, the patient may use Tonics, *viz.* the Peruvian Bark—Calx of Zinc.†

ANGINA PECTORIS.

There is a Disease, first described by Dr. *Heberden*, so called, or Quinsy of the Breast, consisting in a great difficulty of breathing, with pain and tightness under the breast-bone, palpitation at the heart, &c. It attacks suddenly, when the person is in motion, and threatens immediate death. I have never seen a case of this Disease, but think it necessary to refer to the Authors who have written on it, and to mention what has been found the only source of relief in this unaccountable malady; which is an issue in each thigh.‡ See a case cured by White Vitriol—*Mem. Med. Soc.* 1799.—Dr. *Parrý*, of Bath, has lately (1800) published an ingenious Work on this subject: He calls it *Syncope Anginosa*, and describes different species of it.

Q 2

MUMPS

* See *Med. Comment.* 1799.† *Fisi's Med. Obs. and Inq.*‡ See *Heberden, Med. Tr.—Featherill's Works.—Dr. Butler's Treatise.—Encyclop. Britan.*

MUMPS—SWELLING OF THE CHOPS.

CHAP.

III.

This Disease is so unusual, and is made so light of, that it might have been omitted, were it not for the danger with which it is now and then accidentally attended.

The Disease is considered to be a contagious one;* it begins with a swelling at the corner of one or both lower jaw-bones, which increases for two or three days, and becomes very painful: When the swelling of the Face subsides, the testicles in men, or the breasts in women, are affected by similar swelling.

Nothing is required in the treatment, but to avoid external cold, at the same time fomenting or poulticing the tumour—keeping the bowels open—and drinking warm liquors, to keep up perspiration: But, should any symptoms of delirium come on, or marks of the Disease being translated to the brain, Blood should be drawn, Calomel given, and the head fomented with warm water. Blisters also, ought to be applied to the neck, or between the shoulders.†

INFLAMMATIONS OF THE STOMACH, BOWELS, &c.

An Inflammation of the Stomach causes great pain, burning heat, incessant Vomiting and Hiccup, &c. It is occasioned, commonly, by poisons, or acrid substances swallowed; by a blow on the part; by drinking excessive cold water when heated; by repelled eruptions, &c.

The

* Darwin speaks of cats being liable to it, and of great numbers having been carried off by it.—*Zoonomia*.

† Darwin.—*Zoonomia*, Vol. II.—Hamilton, on *Angina Maxillaris*.

The Remedies are, Bleeding, which may be repeated as occasion requires—opening and emollient Clysters, often repeated—Fomentations—and Blisters to the region of, the Stomach.—Internally, demulcent drinks in small quantity, and frequently; such as Barley-water, Oatow and Linseed tea—thin mucilage of Gum Arabic, Indian Arrow-Root Starch.

It is seldom that Medicines of any kind will remain on the Stomach in an inflamed state; but those proper to be tried are, the Saline Julep in the effervescent state, *No. 11.*—The Nitrous Powders, *No. 7,* with Camphor—the Mindererus's Spirit, with Camphor.—When Opiates are judged requisite, as they may be after an abatement of symptoms, they should be given by Clyster. See *No. 33.*

Inflammations of the Bowels are distinguishable by nearly the same symptoms; *viz.* great pain, increased by the least pressure, by tension of the abdomen, costiveness, vomiting, &c.

The Remedies here are the same as above; only, that if the Stomach is capable of retaining Medicines, Laxatives should be administered; *viz.* Purging Salts, *No. 3**—Castor-Oil, &c.

Erysipelatous Inflammation.—There is another kind of Inflammation of the Stomach and Bowels, different from that described, called *Erysipelatous*, being attended with less pain and disposition to vomiting: It is discoverable by examination of the fauces, which are affected with the same disease, and by great sensibility to any acrid matter swallowed. Demulcent Drinks—Absorbents—and Bark, are the Remedies. See *No. 29, 34.*

The

* Soda Phosphorata is particularly adapted to such a case, as also Calomel and Opium. *Hamilton.*—But the Soda Phosphorata is apt to liquefy in this climate.

C H A P.

III.

The Inflammations of any of the other Viscera,* are to be treated by the same general means; viz. by Bleeding, Clysters, Fomentations, Blisters, Laxatives, and cooling Diluents.

CHAPTER

* These are, Inflammation of the Liver (*see page 97*), of the Kidneys, and the Bladder, and in which demulcent drinks are to be used more plentifully: Lastly, of the Womb. See DISEASES of WOMEN.

CHAPTER IV.

ON HÆMORRHAGIES, or BLEEDINGS *from different Parts.*

HÆMORRHAGIES are of two kinds; *viz.* such as are accidental, from Wounds, Blows, violent Efforts, Vomiting, &c. or else, such as arise from internal Causes; these latter are again to be distinguished, as they proceed from increased action of the Blood Vessels, or as they happen from relaxation of their mouths. Hæmorrhagies from internal causes may also be occasioned by accidental circumstances, or they may depend on original conformation, and a particular disposition, either natural or acquired.

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Of accidental Hæmorrhagies, from Wounds, &c. I sha'l speak under Casualties; those to be now mentioned, are such as are dependant on the constitution.

BLEEDING AT THE NOSE.

This happens most frequently to young people about puberty, more commonly to boys than girls. When it occurs but seldom, and is not profuse, it merits but little attention; in many cases it is salutary and critical, as in cases of Vertigo, Head-Ache, Epilepsy, &c.; but when it is profuse, and threatens danger, as is sometimes the case, it is to be restrained or stopped by keeping the patient erect, by putting his feet in warm water, and applying to the head and neck cloths dipped in vinegar

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gar and cold water, in which some Nitre or Salt has been dissolved; by applying the same between the thighs; by snuffing up, or by injecting, into the nostrils, vinegar and water, or a solution of Alum; or duffs or lint dipped in this solution, or in a solution of Blue Vitriol, or Spirits of Wine, Spirits of Turpentine, &c. may be put up the nostrils: Duffs of lint, filled with fine Flour and Bole Armenic, may be also put up the nostrils.

No cordials are to be given to prevent fainting, but small doses of Nitre in Vinegar and Water—or a table spoonful of Salt dissolved in a glass of Water.*

To prevent the recurrence of the disease, the patient should live abstemiously, avoiding all heating stimulating foods and spirituous liquors—as also violent exercise, the use of snuff, or whatever can irritate the nostrils. He should sleep in a cool chamber, with his head laid high, and wash his head and face with cold water in the morning when he rises. The Shower Bath is not improper; and, in cases where the patient is debilitated from the loss of blood, the Decoction of Bark, with Elixir of Vitriol, should be given.

Bleedings at the Nose attacking people in advanced life, are frequently the consequence of scirrhus Liver. In a case of this nature, which had nearly proved fatal, I gave the patient the Nitric Acid with great success, along with Mercurial Frictions.

HÆMOPTOE

* Dr. Rush's Med. Obs. and Inq.

HÆMOPTOE—SPITTING *or* THROWING UP *of* BLOOD *from*
the LUNGS.

Spitting or bringing up Blood from the Lungs, is of several kinds; in some cases affording little occasion for alarm, as when it is only the effect of some slight accident, of a blow or fall, &c. ;* or when it happens from the Menfes or Piles being suppressed; but the *Phthical* Blood-Spitting is a Disease which demands more serious attention, as it too frequently ends in fatal Consumption.

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This is a Disease that principally attacks persons in juvenile life, or under thirty-five years of age, more particularly such as have marks of the sanguine, but at the same time a delicate constitution; *viz.* persons of fair hair, large blue eyes, rosy cheeks and lips.

It is also occasioned by an ill conformation, or a straitness of the thorax or chest, and by a scrophulous taint, causing tubercles in the Lungs. Spitting of Blood is likewise brought on sometimes by a diseased Liver.

An effusion of Blood from the Lungs is attended with a flushing in the cheeks, uneasiness about the chest, tickling in the throat, &c. The Blood is either hawked or coughed up in small quantities, except when a large vessel bursts, in which case the patient may suddenly expire.

TREATMENT.—In cases of external violence, and where there is a plethoric habit, Bleeding is necessary:—Where the disease is brought-

R

on

* Blood-Spitting sometimes happens to Gouty People, and relieves them from the fit. *Darwin.*

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on by suppressed Catamenia, &c. these are to be restored by suitable means:* Lastly, when the disease is a constitutional one, the strictest care is to be taken, in the first place, to avoid every thing which may have a tendency to excite and bring it on, as violent exertion in running, dancing, singing, &c. getting cold, intemperance, or drinking large draughts of any liquor;† giving way to passion.

When the disease threatens to come on, Bleeding may be proper; then cooling Laxatives, No. 4—Cooling Powders, No. 8—but the principal Medicine is Nitre given in vinegar and sweetened water, or the Electuary of Nitre with Conserve of Roses, No. 60.—A table spoonful of common salt, as recommended in Bleeding of the Nose, page 128.

In cases of profuse and dangerous Hæmorrhagy, it is usual to give Tincture of Roses, or Elixir of Vitriol, Styptic Powder, &c.; but nauseating Medicines will prove much more efficacious; viz. Solution of White Vitriol, No. 34—two or three grains of Ipecacuanha, or fifteen drops of the Tincture of Foxglove.‡ Sitting in a warm bath of 80°; has also a great effect in lowering the pulse, and abating the force of the circulation in the Lungs.§

To prevent returns of this dangerous complaint, all the cautions before-mentioned are to be attended to. The patient should live chiefly, if not wholly, on a milk diet,|| and ride every day for several hours, on an

* See DISEASES OF WOMEN.

† Particular stress is laid on this by a late excellent Writer, who reprobates the copious ingurgitation of liquids, as increasing the volume of the Blood, &c.—*Davidson on the Pulmonary System.*

‡ See *Drake in Beddoes's Communications*, 1799.

§ See *Beddoes*, on Consumption.

|| A very different diet was some time ago recommended, on theoretical principles; viz. one consisting principally of flesh; experience has not shewn its utility, but the contrary.

an easy horse. The motion of a carriage, or of a rough going horse, may give uneasiness, and do hurt. See CONSUMPTION.

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HÆMORRHOIDS or PILES.

These are small Tumours about the Anus or Fundament, external or internal, sometimes with Bleeding: Hence the Piles are said to be open, or blind.

Very erroneous notions have been entertained on the subject of Hæmorrhoids; they have been supposed a disease of the system, and considered as necessary and salutary. Supposing them to be so in some instances, they are much more commonly a local complaint, brought on by habits of costiveness, indolence, and free living; or by the frequent use of Aloetic Purges. They may be also occasioned by a diseased Liver, and by a pregnant state of the womb, hindering the return of Blood: Hence women with child are often troubled with them. If the discharge of Blood in this Disease is ever to be considered as beneficial, it must be after it is become habitual, or in cases of Visceral Congestion; viz. in Obstruction of the Liver, Spleen, or Mesenteric Glands. When the discharge is periodical, the suppression of it may occasion great disorder in the whole system; viz. violent Head-Ache, Spitting or Vomiting of Blood, Fever, &c.

From what has been said, it is obvious that every means should be employed for preventing the disease, when it is expected, or where there is a tendency to it. The patient should live abstemiously, take much exercise, and carefully avoid costiveness: For this purpose, the Sulphur Electuary, No. 83, is commonly preferred.* And this is all that is or-

R 2 dinarily

* The Balsam of Capivi, is considered a very useful Medicine for keeping the bowels open in the Piles, as likewise Tincture of Rhubarb, with Linseed-Oil, No. 88.

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dinarily necessary during the Flux ; but, if the discharge be so profuse, as greatly to debilitate the patient, Astringents may become necessary ; such as the Styptic Powder, the Tincture of Catechu (or Kino) Tincture of Roses. An Emetic has a very powerful effect in stopping the Hæmorrhagy.—Give fifteen grains of White Vitriol.—Cloths dipped in cold Astringent Liquors may be also applied to the fundament and loins. In some instances, the Astringent Injections, and Suppositories, No. 41, 42, may be requisite ; but these are sometimes difficult to give, on account of the tumour and pain.* If, after the discharge is become regularly periodical, it should be suppressed, and violent pains of the head take place, Bleeding may be requisite, to prevent Apoplexy, Vomiting of Blood, &c. In this case too, the patient should be made to sit over warm water, and take an Alectic Purge, to provoke the usual determination and flow of Blood from the Anus.

Should the patient be much reduced in his strength, after repeated and copious discharges, or shew any symptoms of beginning Dropsy ; viz. swelled ankles, pallid countenance, &c. Bitters and Chalybeates should be given ; viz. Bitter Infusion, with Chalybeate Wine, No. 58. A nourishing diet is also proper.

*Blind Piles, or tumours externally :—*To relieve the pain, cloths dipped in Spirits of Wine, or in cold Saturnine Solution, No. 113, may be applied to the parts. When the tumours are very hard and inflamed, Emollient Fomentations, Emollient Ointment, and Poultices, should be

* Mr. Bell, in his Surgery, proposes a very ingenious and simple method of stopping Hæmorrhagies from the rectum, when the bleeding vessel is not accessible, so as to be taken up by the needle : It is this—Introduce into the anus, and up the rectum, the blind gut of a sheep, or any gut closed at one end : After this has been pushed in with a probe, or bougie, then inject it full with water from without, and fasten. The distended gut, pressing on the bleeding vessel, will stop the Hæmorrhagy.

be applied; but the greatest relief will be found in scarification, or in making an incision into them with a lancet. This may be terrifying to the patient, but it affords instantaneous relief.*—The Astringent Gall Ointment is also recommended, as more useful than any Emolients, No. 62.

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The Piles, when neglected and ill treated, may occasion Fistula in Ano; *i. e.* an Ulcer, with a callous opening into the gut: The earliest recourse should, in this case, be had to the knife, to prevent the disease from becoming an intolerable grievance through life.

VOMITING OF BLOOD.

This is seldom an original Disease, but is occasioned either by wounds, by substances swallowed, or else happens from diseases of other parts, as Schirrous Liver, suppressed Catamenia, and Hæmorrhoids.

Blood coming from the Stomach is distinguished from that of the Lungs, by its being not of a bright red colour and frothy, but black and grumous, and by the subsequent black stools, caused by the Blood passing into the intestines. Vomiting of Blood is not attended with any coughing.

TREATMENT.—When caused by any substances swallowed, these should, if possible, be brought up by an Emetic of White Vitriol, or their irritating qualities guarded against, by Oily and Mucilaginous Draughts, and Opium. See CASUALTIES.

If

* Sonini, a late traveller in Egypt, says there are few men in that country, who do not labour under the Piles; and that, when they swell and become painful, it is usual to have them opened by the barbers, with their razors.

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If the Disease is owing to obstructed Menfes, or Hemorrhoids, these are to be brought on by the means directed.* If it proceeds from Diseased Liver, Spleen, &c. the remedies proper in those complaints are to be had recourse to (*see page 97*); but, in all cases for stopping the present discharge when dangerous, Astringents are to be given; which are here almost of unfailing efficacy, as they have the advantage of acting directly on the bleeding vessels. The Astringents proper are, the Styptic Powder, Powdered Alum, Tincture of Roses, or Elixir of Vitriol, in water as cold as possible.†

The undischarged Blood, or that which passes downwards by the intestines, is to be, as soon as possible, evacuated by gentle Laxatives; otherwise it may undergo putrefaction, and give rise to Dysentery, Fever, &c.

No food that is in the least stimulating should be allowed, and even such as is most suitable should be taken in small quantities, that the stomach may not be too much distended.

Of BLEEDING from the URINARY PASSAGES.

The discharge of Blood from the Urethra, or Bloody Urine, is not a constitutional, but an accidental complaint; it may, nevertheless, be here taken notice of. It is the consequence of falls, strains, or blows, by which the vessels of the Kidneys have been ruptured, or of stones lodged either in the Kidneys or Bladder. It may be also occasioned by
Inflammation

* See DISEASES of WOMEN.—See HEMORRHOIDS, page 131.

† Ruspini's Styptic has acquired considerable repute for its efficacy, and seemingly on some good grounds, it having been made trial of by Justamond, of the Westminster Hospital, and some other Surgeons of character. It is a colourless, odourless, and tasteless liquid: To what does it owe its Stypticity?

Inflammation and Ulceration of the parts, brought on by hard riding, intemperance, the use of Cantharides, or other acrid Diuretic and Purgative Medicines. In confluent Small-Pox and Malignant Fevers, it happens from Acrimony or dissolution of the Blood.

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If the Blood comes away pure, and in considerable quantity, without much pain, it is a sign it proceeds from the Kidneys; when it comes from the Bladder, it is in small quantities, of a dark colour, and voided with great pain.

TREATMENT.—When from accidents, as a fall, strain, &c. the patient should be bled, and put into the easiest position, in which he is to remain quiet, avoiding not only motion, but every thing that can heat and irritate. Styptic Powder, Tincture of Catechu, or Tincture of Roses, may be given at first, or during the Hæmorrhagy, if extreme; —afterwards demulcents, as barley-water, &c. as when from other causes—(*see below*)—with Sweet Spirits of Nitre. If the symptom proceeds from Stone in the Kidney, Ureters, or Bladder—Opiates, Warm Bath, and Fomentations, diluting and demulcent Liquors, *viz.* Barley-water, Linseed tea, Ockrow tea, &c.—Anodyne Clyster, No. 33.

The same Medicines are proper when the complaint has been brought on by Cantharides, or any other acrid matters; but in Small-Pox or Putrid Fever, Antiseptics; *viz.* the Bark and Elixir of Vitriol, are to be given, No. 21. See SMALL-POX.

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CHAPTER V.

ON CATARRHAL DISORDERS, CONSUMPTION, &c.

CATARRH, OR COLD with COUGH.

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A CATARRH, or Cold as it is called, or the well known affection of the Lungs, Throat, Nose, and Head, caused by exposure to cold and damp air, is, of all others, the most frequent complaint of men in civilized life:—Savages, from their habit of going naked, and living (*sub dio*) in the open air, are not liable to suffer from the ordinary vicissitudes or changes of the atmosphere:—For the same reason, negroes here are not much subject to Catarrhal Complaints, but white people, notwithstanding the prevailing uniformity of climate, are not exempt from them:—They are generally brought on by travelling in the night; by continuing long in wet clothes; or by sitting, when in a perspirable state, in a current of air, particularly when the wind is from the north: It is, therefore, in the season when the north wind blows, that Colds, Inflammations of the Lungs, and Rheumatisms, most prevail.

Colds are in general much aggravated, by the customary means made use of for preventing or removing them; *viz.* keeping in a close warm apartment, drinking hot liquors, and using other stimulating means, to force a sweat.* If a person has been exposed to wet and cold for any

* *Catarrham igitur e frigore esse calore solvendum, gravissimus est error; contra, frigus nunquam nocet, nisi ubi ejus actionem calor excipiet.*—Brown's Elements.

any length of time, so as to have cause to apprehend any consequence from it, he should not be in haste to change his temperature, but warm himself by degrees: Too sudden a transition from cold to heat, will certainly bring on what it is the object of the person to avoid; *viz.* Feverish heat, difficulty of breathing, and all the other symptoms of Catarrh or Cold; which might be avoided, by attending to the precaution above recommended.

Catarrh, when it comes on, is attended with great sensibility to cold air; in this case, the patient must keep himself carefully out of any current, but should not however confine himself too closely. The perspiration is to be promoted, but not forced by heating Medicines: Clothing a little warmer than ordinary, or a flannel waistcoat next the skin, may be advisable; drinking of Sage Tea, and other diluting drinks—putting the feet in warm water—taking gentle Laxatives, &c. are also proper means for alleviating the symptoms, and preventing Cough; which is the worst part of the complaint:—If this be severe, and without expectoration, Bleeding will be proper, as also a Blister, or a Burgundy Pitch Plaster, between the shoulders.

Further, for the mitigation of Cough, warm demulcent Liquors, and what are called Pectorals and Expectorants; *viz.* Barley-water, sweetened with Spanish Liquorice, to which may be added a little Nitre—Barley-water and Vinegar, sweetened with Honey.—The most useful Expectorants are the Oily Emulsion, No. 89—Milk of Ammoniac, with Squills, No. 42.—To allay the Cough at night, and to procure sleep, the Purgative Elixir, No. 41, or the Antimonial Opiate, No. 17.

Cough is not always the effect of Catarrh, or cold; it sometimes depends on the state of the stomach, and in that case is removed by a Vo-

CHAP. V. mit, and the subsequent use of Chamomile Tea, Bitter-Wood Infusion, &c.

Cough is symptomatic in a great number of complaints; Gout, Asthma, Hysterics, Worms, Teething, &c. It very often precedes the accession of Fever in Intermittents.—The cure of Cough in these cases depends on the removal of the original disease.

Country Remedy for Cough. See APPENDIX: Liquorice Tea—Cabalash Syrup, &c.

INFLUENZA.

An *Epidemic Catarrh* is called *Influenza*; which is a Disease depending on contagion, diffusing itself very suddenly and widely.* It attacks like an ordinary Cold, but with greater violence, with Fever, with Peripneumony, Pleurisy, and other Inflammatory Symptoms: Sometimes, however, the Fever is of the Malignant kind, and proves very fatal.

The treatment in *Influenza* is similar to that in Peripneumony (see page 115).

When the symptoms are of the Inflammatory kind, Bleeding is necessary; which, if they do not soon abate, should be repeated: After this, a gentle Emetic may be given, No. 1, or the Tartar Emetic Solution,

* There is no contagious disease whose influence is so wide spreading as this: It has, at different periods, extended itself over all Europe, nearly at the same time; and, in 1789, it prevailed through the New as well as the Old World; viz. through North and South America, and the West-India Islands: It is, therefore, properly considered by some Physicians, as a Disease *sui generis*, distinct from Catarrh, &c.

tion, No. 22—Laxatives, No. 3—then Cooling Powders, No. 7, 8—
Diaphoretics, No. 11, 13, 15, CHAP.
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If the pains of the chest continue severe, with hard Cough, Blisters to the side, or between the shoulders.

To ease the Cough, and promote expectoration, demulcent Drinks, as recommended in Cough, (*see page 137*), and Pectorals, as in Peripneumony (*see page 115*).

Where the Liver appears to be affected, give five grains of Calomel, with a grain of Opium, three or four times in the day.

If, instead of inflammatory symptoms, there should be signs of Debility, as cold skin, weak pulse, &c. the patient should be put into a Warm Bath, have Blisters applied, and take cordial Diaphoretics, as the Camphorated Mixture—Mindererus Mixture, with Camphor, &c. See No. 13, 15, 16 : At the same time, warm Diluents, with a little wine.*

Of the WHOOPING or CHIN COUGH.

The Whooping Cough begins like a common dry Cough from cold, but becomes afterwards convulsive, returning by fits ; during which the patient is sometimes nearly strangled. The long inspiration he
S. 2 makes,

* On the subject of Influenza, as occurring in the West Indies, there are two excellent Papers (one written by Dr. *Chisholm*, of Grenada, the other by Dr. *Lindsay*, of the parish of Westmorland, in this Island), which it will be incumbent on Practitioners to consult, whenever this Epidemic shall recur. It will be satisfactory information to say, that when it last prevailed in this Island, only fourteen persons died of it in Westmorland, a parish containing near 6000 Inhabitants.

CHAP. makes, in recovering himself from a state of suffocation, is attended
 V. with a whooping sound—whence the name of the Disease:

The Whooping Cough like the Influenza, Measles, &c. is a contagious Disease, but it rarely attacks any but children, and never more than once. It is not in general dangerous, unless to young children and women with child.

The Disease occurs but seldom in this island, and is never very Epidemic.

TREATMENT.—When the symptoms are very violent, threatening Inflammation or Suffocation, Bleeding is requisite; particularly in those patients of a more advanced age and full habit.—The patient being always relieved from the fit by spontaneous Vomiting, it has been the prevailing practice to give nauseating doses of Emetics, at the beginning of the Fit of Coughing, to encourage this; but this is objected to by some Physicians, who consider the Disease as dependant on debility, and trust the cure wholly to Antispasmodics and Tonics.—However advisable Emetics may be in the beginning, the frequent or continued use of them must have weakening effects.—Where a difficulty of breathing remains after the Coughing, it shews an affection of the Lungs; in which case Blisters should be applied between the shoulders.

When the Disease continues for any length of time, and the paroxysms return from habit, many other remedies, deemed specific, are proposed; but the most important remedy is change of air, or rather of place and external circumstances, which is useful in all Spasmodic complaints.

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The Antispasmodic and Tonic Remedies recommended are :

1. Extract of Hemlock ; viz. One Grain for a Child from six months to two years old : Half a Grain to be added for every year after that age.

2. Tincture of Cantharides, No. 61 : If Cantharides are useful, it is from the strangury they excite, which may be considered as bad as the Disease.

3. The Bark and Tincture of Castor : Perhaps the most useful of any, No. 21.

4. Arsenical Solution—of Dr. Fowler, see No. 124.—Dr. Ferriar directs Two Drops to be given to Children under seven years of age—every day, or every other day, as occasion requires.

5. Flowers or Calx of Zinc. Sea Bathing, Shower Bath, &c. &c.

To promote Expectoration, the Milk of Ammoniac may be given, as in common Coughs, and in some cases the Paregoric Elixir, to quiet the Cough at night.

A Burgundy Pitch Plaster between the shoulders, is of great use.—Garlic Ointment or Garlic Cataplasms to the soles of the feet, as also rubbing the back-bone with Oil of Amber, in Spirits of Wine, No. 61, are recommended as giving relief.

ASTHMA.

The Disease called *Asthma* consists in a difficult Respiration or Breathing, with a sense of Stricture across the Breast, Wheezing, and Cough, which

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which is at first dry, but afterwards attended with a discharge of mucus, by which the patient obtains relief.

The paroxysms (for the Disease returns at intervals or in fits) are commonly preceded by some affection of the Stomach, as sickness, flatulency, &c. When the patient is attacked, he is obliged to keep an erect posture, and to breathe with his mouth open, for the sake of inspiring more air, and to prevent threatening suffocation, which sometimes happens.

The Disease is frequently hereditary or constitutional, but does not usually come on before the decline of life; it may, however, be occasioned, or brought on at any time, by a great variety of causes; *viz.* by sudden cooling of the body when overheated; by Hæmorrhagy, or throwing up of Blood from the Lungs; by suppressed evacuations of the Menfes and Piles; by checking or drying up of Cutaneous Eruptions, and old Ulcers; by the inhalation of noxious Vapours, Fumes of Metals, irritating Powders, &c. &c.

Notwithstanding the apparent danger, the patient rarely dies in the Fit, or not till after the Disease has continued for a length of time;* it more commonly proves fatal, by terminating in other Complaints, as Dropsy, Palsy, &c. Though not very prevalent in tropical climates, it is too frequent; less so among negroes than white persons, as are all complaints of the Thorax, except Peripneumony.

Asthma is divided by Authors into a great number of species, according to the circumstances giving rise to it; but the principal distinction

* Asthmatics sometimes arrive at a pretty old age: Sir John Hoyer had laboured under the disease for above thirty years, when he wrote on it.

tion is, into the humid and dry; the former attacking principally phlegmatic persons, the latter persons of a lean habit, and is considered as a purely Spasmodic or Convulsive Disease.

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A late Writer (*Mr. Bree*) divides Asthma into three kinds: 1st, Where it arises from serous effusion. 2^d, Where it arises from Atmospheric Irritation. 3^d, Where it is Symptomatic, from the state of the Stomach and Bowels.

To prevent the coming on of Asthma, where there is a known disposition towards it, or to prevent its recurrence where it has once attacked, it is necessary the patient should carefully shun all the occasional causes; *viz.* all sudden changes of air—wet—cold—intemperance of any kind, &c. It is not one kind of air that universally agrees with Asthmatics; with some, the air of towns and unhealthy places suit better than the pure air of the country. To guard against the alternations of heat and cold, Asthmatic people should always wear flannels. Going from a cold to a warm climate is sometimes advisable.

In the article of food, Asthmatics are liable to many peculiarities, and they ought to know and avoid what disagrees with them, as indigestion is frequently the cause of the fit.—It is of principal importance, 1st, to prevent, by a milk or vegetable diet, a plethoric state, which increases the irritability, and occasions more frequent returns of the paroxysms. 2^d, To strengthen or brace the body by riding, and by the use of the cold bath.

If symptoms of flatulency, and nausea at the stomach, give warning of the fit coming on, it may be prevented by an Emetic; but Vomits are not to be taken during the fit, for fear of strangulation.

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In the beginning of the fit,* the patient may take a considerable dose of Spirits of Hartshorn, with Laudanum—Æther, with Laudanum or Paregoric Elixir—compound Tincture of Castor—strong Coffee has the effect of stopping the fit with some persons—with others a draught of Vinegar has the same good effect.—The Inspiration of some of the factitious Airs has answered exceedingly well in some Asthmatic cases.

CLYSTERS of Asafœtida, No. 72—putting the feet in warm water—applying to the soles of the feet Cataplasms of Garlic—are also useful in the coming on of the fit.

BLISTERS are sometimes applied, but are seldom useful, except in Hydropic Cases.

To appease the Cough, and procure rest, the Paregoric Elixir may be given at night.

To promote Expectoration after the Spasmodic Symptoms subside, or remit, the Ammoniac Milk, No. 42, may be given—Emetics also answer this purpose.

If the Disease appears to proceed from the state of the Stomach and Bowels, Vomits, No. 1, 80—Purges, No. 37—and Bitters, &c.

When arising from repelled Erysipelas, drying up of Scald Head, or any old Ulcer, Blisters to the ankles—Iffues—Setons, &c.

A Seton

* Bleeding may in some cases be advisable, though rarely.

A Seton in the Side, or Issues in the Arms, in almost all cases are of service; but the drying of them up, after they have been some time open, may produce bad effects.

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In the intervals, the Regimen before recommended (*page 143*) for preventing the disease, and at the same time the use of Tonics; *viz.* Decoction of Bark with Squills, *No. 21*—Bitter Infusion, with Steel, *No. 58*—Zinc Pills, *No. 74*.

All Spasmodic Diseases, of which this is to be reckoned one, are apt to recur from habit only, independant of any occasional cause: To break the force of habit, it is necessary for the person to make a total change in his mode of life.*

CONSUMPTION.

Consumption of the Lungs is generally thought to proceed from Catarrh or Cold. In some instances it probably may, but it much more generally arises from the same causes as Blood-Spitting, (*see page 129*) *viz.* a particular make and constitution; and it is therefore hereditary in many families, of which we have too many melancholy proofs.

A scrophulous taint, causing tubercles in the Lungs,† is the constitutional peculiarity which is thought to give most frequent rise to this

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complaint;

* Mr. Bree who has written on this Disease, which he was subject to, quitted the Medical Profession, and went into the army; by which change of life, he got the better of his complaint.

† Consumption is referred to several other causes, constitutional and accidental; but this seems to be the most general cause of genuine Phthisis.—Dr. Ryan denies that it is ever produced by Blood-Spitting.—Dr. White considers Consumption as of two kinds; one, from inflammation only—the other, when there is purulent matter.

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complaint; that sweeps off, in northern climes, so many of the young of both sexes,* but more particularly females, and those too of the most beautiful form, at the age when they are designed to charm and delight.† It is the privilege of the inhabitants of the tropics, to be in a great measure free from Phthifical or Consumptive Complaints; but the exemption is not absolute, for there are not wanting examples of genuine Phthisis among even natives, who never were off the island.‡

The Disease is to be considered in its several different stages: 1st. That stage in which only the predisposition exists. 2^{dly}. That where the Tubercles, or some part of the Lungs, are in an inflamed state. 3^{dly}. Where they are suppurated: And, lastly, the hectic stage, which finally proves mortal.

The TREATMENT must, then, be varied and adapted to the several stages of the complaint above-mentioned:

1st. When it is known that any predisposition towards this Disease exists, whither hereditary, or from whatever cause it arises, it is incumbent on the patient to counteract it, by the means mentioned under Blood-Spitting (*see page 129*); the most important of which is constant riding

* Of the number of deaths in London, nearly one-third are by Consumption:

In 1796, out of 18,238	- - - - -	5910
1797,	16,714	- - - - - 5439
1799,	17,285	- - - - - 6210

† To the other general characters of Consumptive People, given under Blood-Spitting (*page 129*), may be added one taken particular notice of by Professor Camper and Dr. Simmons; viz. sound, beautiful, white teeth.

‡ Dr. Beddoes, who has been laudably devoted to the investigation of the nature and cure of this malady, hitherto the *Opprobrium Medicorum*, mentions, that Butchers, Soap-Boilers, Catgut-Makers, Fish-Women, and others concerned in putrid processes, are not subject to Consumption.

riding or voyaging.* If Consumption is ever to be prevented or arrested in its progress, it is by one or other of these things long persisted in. Their effect in preventing the Disease is much more considerable than in removing it; though they are, under certain circumstances, useful in every stage of the complaint, as they take off the determination of the Blood; but voyaging is to be preferred to riding, in the inflamed state of the Lungs, as these are liable to receive injury from the motion or stumbling of a horse, however sure, or however easy his gaits may be. The exercise of a spring carriage may be sometimes the most suitable.

2dly. In the inflamed state of the Lungs, when the patient is sensible of fixed pain in any part of the Chest or Side, with dry tickling Cough, or Spitting of Blood, dry feverish skin, quickness of pulse, &c. the

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means

* Dr. Currie, who is such an ornament to his profession, and to the age he lives in, was preserved from the hasty advances of this Disease, which had proved fatal to several of his relations, by taking a long tour, and riding every day, to the point of fatigue.

Mr. Reeder, a Gentleman well known in this island, mentioned by Dr. Mosely, was very far advanced in Consumption, having had frequent discharges of Blood from the Lungs, and afterwards Cough, with purulent Spitting, recovered by riding and voyaging, and lived for many years afterwards, free of Pulmonary Complaint. In what manner Consumptive People are benefited by a sea voyage; whether from the air, or from the ship's motion, is not determined; but most probably the latter, as the air of the sea is not always the purest, nor does living by the sea fire answer the purpose of a sea voyage.—The *Vitæ in Mari Tractatio*: the *Navigatio longa*, has been recommended in this case, from the earliest ages.

Dr. Davison having, by experiments with the Endiometer, satisfactorily proved that the Atmosphere within the Tropics contains more Oxygene than in Europe, has drawn conclusions that would invalidate the opinion that has hitherto ever been entertained, of the use of sending Consumptive People to a warm climate. He further says, that Consumption is very general in some of the West-India Islands, and more quickly fatal than in Europe. The good effects of voyaging he thinks wholly owing to sea sickness, which prevents the Lungs decomposing, and absorbing Oxygene in the usual quantity.—I should be sorry to think that these ingenious conjectures were confirmed by facts and experience.

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means to be employed are all such as serve to diminish the force of circulation in the Lungs, as in Blood-Spitting (*see page 129*); viz. Blood-Letting*, Laxatives, Cooling Nitrous Powders, *see No. 9*, Nitre, with Conserve of Roses, No. 60—Blisters, Issues, and Setons, are of great use in this stage of the Disease.†

The Balsamic Pectorals, advertised by Empirics, and so much in use, instead of affording relief to the Cough, in general render it worse, by increasing Inflammation, and accelerate the Disease: On the same principle, Opiates are to be in most cases prohibited: Some of the Expectorants,‡ which are not heating, as Milk of Gum Ammoniac, with Squills, No. 42, may be sometimes necessary, to promote the discharge of Viscid Phlegm.

Physicians are much divided respecting the use of Bark, for preventing the progress of this Disease; but the prevalent opinion seems to be against it,§ unless in particular situations, where the Disease is brought on by *Fluor Albus*, or by other weakening causes, as suckling children too long, &c.

3dly. Purulent and Hectic state of Consumption.—Inflammation and Cough continuing, the Expectoration or discharge from the Lungs becomes

* It was formerly the practice of some Physicians to bleed repeatedly, even to the hundredth time; but it is rightly observed by Mr *Townshend*, that if the Disease has destroyed its thousands, this practice has destroyed its tens of thousands.—The Hemlock has also been advised, where Tubercles are suspected, but no good effect has been seen from it.

† Emetics, given in small nauseating doses, as in Hæmoptoe (*see page 129*), are of great use in relieving the Lungs from congestion or fulness.

‡ See remarks on Dr. *Fothergill*, in *Critical Review*, Oct. 1799.

§ Dr. *May* considers the Inflammation of the Atonic Kind, and after Emetics gives the Bark. *Essay on Pulmonary Consumption*, 1792.—See *Ryan* on Consumption.

becomes purulent, and the patient is subject to a Fever, called *Hætic*,* which comes on commonly at night; terminating towards the morning, in profuse sweats, which debilitate the patient, and brings him sooner or later to his end. The marks by which Purulent Matter from the Lungs is distinguished from Mucus, are not infallible, but should be attended to: Mucus floats on water, Pus falls to the bottom—Purulent Matter thrown on a hot iron, has an offensive smell.†

In this stage of the Disease there is, perhaps, nothing to be recommended, but as a palliative. The sanguine hopes that were formed from some new remedies have been, I am sorry to say, disappointed.‡ The Foxglove and Warm Bath appear, to have great effect in lessening the force of the circulation, and warding off immediate danger; but, for the use of these, Dr. *Drake*, and others, ought to be consulted.§ The only remedies to be suggested here, are such as may serve to mitigate the violence of the Cough; viz. Paregoric Elixir.

To

* The *Hætic* Fever, according to some, is from *Oxygene* (*ab pure aërate*)—Pus being mild till it is aërated, or Oxygenated, when it is turned into *Ichor*.—*Darwin's Zoonomia*, Vol. II.

John Hunter accounts for *Hætic* Fever, not by the absorption of Pus, but from the irritation kept up from an ineffectual attempt at healing.

† There are sundry other criteria for distinguishing between Pus and Mucus; viz. Pus dissolved in the *Vitriolic Acid*, or in *Alkaline Lixivia*, is precipitated on the addition of water. *Corrosive Sublimate* coagulates Mucus but not Pus, &c. &c.—See *Darwin, Home*.

‡ These are the different Gases; viz. *Carbonic Acid Gas*—*Hydrogenous Gas*—*Hydrocarbonate*, &c.—which at first promised to be productive of great effects in this malady, but Dr. *Beddoes* himself, to whose ingenuity the world is so much indebted, is at length obliged to avow, that facts have not turned out to his expectations, and he seems to have lost all hopes of further success. See *Beddoes and Watts, on the use of Air*.—*Pearson on ditto*—*Beddoes on Consumption*.

§ *Beddoes's Communications*, 1799.—*Med. and Ph. Journal*, Dec. 1799.

Since sending this Work to the Press, the Author has seen the *Physical and Medical Journal*

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To restrain the exhausting night sweats, the Elixir of Vitriol—or Conserve of Roses, acidulated therewith.—The Decoction of Bark, with Oxymel of Squills may be also administered; if it be not found to heat the body, and quicken the pulse. The Roman Vitriol, given either as an Emetic or a Tonic, according to direction in *No. 80*, has produced good, in some cases.*—In cases of Diarrhœa or Looseness, Conserve of Roses in milk, or any of the Astringents directed in Dysentery, used cautiously. See *No. 30, 31, 32*.

An Abscess, or Ipsothume of the Lungs, called *Vomica*, is sometimes the consequence of Phthisical Inflammation; which, bursting into the cavity of the Thorax, is then called *Empyema*.—It is more fortunate when it bursts into the Trachea or Wind-Pipe, and the matter is discharged by the mouth.† If the patient survives, the utmost care must be taken to avoid whatever might excite fresh Inflammation.

Although Regimen, in this Disease, is of the utmost importance, I think it unnecessary to say any thing on it here, as it is so generally known: A milk diet, or a diet consisting wholly of vegetables and fruits, by obviating inflammation, has enabled many persons to recover where the Disease has not proceeded too far.

Phthisis

Journal for December, 1799; in which Dr. Drake has given a further account of his success with the Digitalis in Tuberculous Consumption: Several patients, he says, in a confirmed state, have been cured by this remedy; almost all have been relieved; and life has ever been protracted by it: Even death has been rendered free of pain and struggle.—The Tincture of Foxglove may be given from gutt. 10 to 15, or more, in a little Bitter Wood Infusion: If the stomach rejects it, a few drops of Laudanum may be given with it.

* See Dr. Adair. *Med. Comm. Vol. VII.*

† The famous Dr. Franklin had a Vomica of the Lungs, that burst three several times at distant intervals, and which he long survived.

Phthisis, or Pulmonary Consumption, in the opinion of some Physicians, may sometimes be Sympomatic, and admit of cure on very different principles from those on which the foregoing practice is founded. In some of these cases, Myrrh and the Gums have been extolled. In others, Tonics; viz. the Bark and Chalybeates. In Venereal Cases, Mercury, Sarsaparilla, Mezereon, &c.

Hectic Fever is also supposed to exist, independent of Purulent Matter.* Consumption is retarded during pregnancy, and is sometimes cured by Mania coming on.

CHAPTER VI.

ON CONTAGIOUS ERUPTIVE DISORDERS.

On the SMALL-POX.CHAP.
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AS the Small-Pox rarely makes its appearance in this island, but from inoculation, and as the practice of that is so general, and so well understood, I shall here offer little on the subject.

It is remarkable that the Disease, when arising from contagion, makes its appearance in not less than fourteen days, but when produced by inoculation, it shews itself in seven or eight. Persons also being seized with the Measles, have the eruption of Small-Pox suspended till the Measles are over.

From the discovery lately made, that persons having had what is called the Cow-Pox, a disease caught from cattle, were not afterwards susceptible of the Small-Pox, a new practice has been introduced, of inoculating for the former, that being a much milder disease, and never attended with any danger.* The advantages of inoculation were formerly

* See the publications of Dr. Jenner, Dr. Woodville, Dr. Chapman, Dr. Pearson—*Medic. Canm.* 1799.—See also *Med. and Ph. Journ.* 1800.—Some infectious matter of the Cow-Pox has been sent to this island, and made trial of by Dr. Brock, of Kingston, but it did not succeed: It is therefore to be feared, that the advantages arising from this new practice will be lost to us, but still it is interesting to know the success which has attended it.—See *Med. and Ph. Journal*, No. 12, page 176.

merly supposed to be derived from the choice of matter, choice of the patient, from the use of certain Medicines in the way of preparation, &c.; but experience has proved, that very little if any thing is to be attributed to any of these circumstances: The chief, if not the whole business, lies in counteracting or preventing Inflammation, by what is called the Antiphlogistic Regimen.—Dr. Quier, an eminent and experienced Practitioner in this island, attending to this only, has carried the practice of Inoculation to a much greater length, than has been done by any of the boldest empirics in Europe. He has shewn that little preparation is necessary, or even much remission of labour; that hardly any age is an exception; that it is safe in pregnancy; that it may be performed without danger in Intermittents, Dropsy, Yaws, and many other Complaints: But, however admissible Inoculation may be, under these different situations, yet where it is not absolutely necessary, for preventing the infection being otherwise received, it will be better in many cases to postpone it; as, in the case of very young children, children that are under teething, women who are liable to miscarry, or are near their time, &c.

Could we have the command of season, which would be the case, were Inoculation periodically or yearly performed throughout the island,* the cooler months would be fixed on as the most suitable; but patients, under proper management, get through with safety during the hottest seasons.

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* This would be a judicious practice, as it would render Inoculation not only more safe, but much more convenient. Was Inoculation performed annually, there would be but few to inoculate at a time, and their labour on the plantation would not be missed. Whether matter could be kept or procured for the purpose, I have not been able to ascertain with certainty, but I think it might. The most valid objection against Inoculation is, that by keeping the infection constantly alive, more persons die of the Disease on an average, than would die from the contagion left to itself.

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The mode of Inoculation, and the matter employed, were till lately thought matters of little moment.* It is, however, the opinion of some gentlemen, who have been lately employed in making their observations on the subject, that the use of an improper matter; viz. from dried Pustules, a spurious Disease may be introduced, which does not hinder the patient from having the true *Variola* afterwards. The ichorous or watery matter taken from the Pustules, previous to the suppuration, is thought the fittest for producing the real Small-Pox.† It is likewise judged better to introduce it in the smallest quantity, and by the slightest wound, scratch, or puncture.

Having pointed out these circumstances relative to Inoculation, I shall now mention the common procedure.

The operation being performed, the patient may take at night, the Preparative Powder, No. 10, and the morning following a dose of Salts, No. 2, or Jalap, No. 5.—The Powder and Purge may be repeated the third day, and again about the seventh, or as soon as any symptoms of the eruptive Fever appear. Animal food of every kind, with salt, spice, and whatever is stimulating, are to be totally abstained from: Warm clothing, the air of confined apartments, and much exercise, are to be likewise avoided:‡ In short the body must be kept perfectly cool, and the bowels open, on the days when no physic is taken, by Tamarind-

* *Pus nihil potest in morbi naturam statuendo*, according to *Fichardson*.—Dr. *Quier* tried the matter in every stage, and found the Ichor of the Pustules, in their early state, equally successful with the Pus. The *Gentoos* carry the matter in their girdles, for months.

† Dr. *Beddoes* dilutes the matter with water.

‡ The custom of making the boiling-house on estates an hospital, on occasions when there are great numbers to be inoculated, is a very good one, under certain regulations—which are necessary to hinder patients being either too much confined, or too much exposed.

mind-water, Cream of Tartar drink, or beverage. There is a discretion in every thing. This cooling, or as it is called Antiphlogistic Regimen, may, in particular instances, be pushed too far : It should therefore be varied according to the circumstances of the patient's habit : In some cases, the preparation required may be of an opposite kind ; it may be necessary to give a better nourishment, to raise the patient's strength. It is likewise to be observed, that although the Air can hardly be supposed too cool, yet Inoculated persons should not be exposed to bad weather, or strong currents, which will aggravate the Disease, by bringing on Catarrh. Of this I have seen numerous instances, and some fatal ones.

The sign of a favourable Disease is, early Inflammation, or redness and swelling about the inoculated part.

Fits occurring in children, if they are not violent or frequent, are not alarming. In that case, a good dose of Laudanum, Spirits of Hartshorn or Æther, suitable to the age of the patient, must be given. Dr. Percival applies Blisters to the Inoculated Arm.

During the Fever nothing is requisite, more than what has been recommended ; *viz.* the Purge and keeping in cool air.

After the eruption, if the Fever subsides, there is little more attention required, except that the cooling and abstemious Regimen is still to be persisted in, though with somewhat less rigour. It is usual to give negroes corn-water to drink, *ad libitum*, which is supposed serviceable in promoting maturation.

At the close of the Disease, or when the Pustules begin to dry, it is the practice to give another Purge, but this may be often omitted.—

CHAP. VI. The patients should not be allowed to return too suddenly to a full diet.

The treatment of Small-Pox is at all times the same, whether from Infection or Inoculation. In bad cases, where the Fever continues after the eruption, in natural Small-Pox, there may be a necessity for Bleeding, for the giving of Antimonials, *No. 10*, Saline Mixture, *No. 11*, and afterwards for applying blisters: These are particularly necessary, where there is any considerable affection of the fauces, or difficulty of swallowing.

In the secondary Fever, that comes on sometimes after the height of the Disease, or when the Pustules are full, there is a necessity for Purging;* but in cases of looseness, an Opium Pill should be given, or Chalk Decoction, *No. 29*.

In the Confluent kind, which is always dangerous, Calomel has of late been considered as a specific, or a Medicine of great efficacy; from five to ten grains may be given, twice in the day, with the eighth of a grain of Opium, should it affect the bowels.—The Bark Decoction, with the Elixir of Vitriol, may be afterwards given.

To relieve particular symptoms, as Strangury, &c.

1. *Strangury*—Put the feet first in warm water—than dash cold water

* Dr. Walker considers the secondary Fever as depending on the same contagion taken in, in the primary Fever, not on purulent matter absorbed, and directs Purging as the only proper remedy.—Dr. Lefsem affirms, that Calomel is as certain a specific in the Confluent Small-Pox, as Bark is in Intermittents.—Fowler has shewn the effects of Mercury in procuring a mild Disease, independent of its having any purgative operation.—See also *Walker, on Small-Pox*.

ter on them, or let the patient walk on the cold floor—He may also drink Barley-water, with sweet Spirits of Nitre.

2. *Sore-Throat and swelling of the Face*—Frequent use of the Gargles, No. 76—and the Borax Gargle, 117.—A Vomit, a Blister.

3. *To prevent injury to the Eyes*, keep them constantly-moistened with rose-water.

4. *To prevent pitting of the Face*—Opening the Pustules, and letting out the matter repeatedly, as often as they fill,* or covering the whole face with a Cerate Plaster, to prevent any contact of the air.

Of MEASLES, SCARLET FEVER, and CHICKEN-POX.

On these, which, like Small-Pox, are exanthematous or eruptive Diseases, depending on specific contagion, I shall be very short, because they occur but rarely in this climate, and are seldom dangerous, or much less so than in cold countries.

Whenever *Measles* occur, the Disease is more or less epidemic, affecting numbers at the same time, and more particularly young people. A
Fever,

* This practice, recommended by a number of Physicians, as conducive not only to this purpose but to the prevention of the secondary Fever, is objected to by a particular Writer; who, considering secondary Fever as the effect not of Purulent Matter absorbed, but of the first contagion received, he thinks that the pricking the skin may excite Inflammation, and prevent the contagious matter being thrown out. Most persons, I am persuaded, will consider the practice here recommended, on the contrary, as rather favourable to the taking off Inflammation of the skin, and to promote the discharge of contagion, than in the point of view he considers it.— See *Wallis, on Diseases*.

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Fever, with cough, sneezing, and running of water from the eyes, precede the eruption three or four days, and generally continue during the whole complaint. The Eruption consists of numerous small Red Points, like mosquito bites, or pimples scarcely rising above the skin; which in the course of a few days disappear, the skin or cuticle scaling off. Among negroes, the eruption is hardly discernible, except by the touch.

The principal danger to be apprehended in this Disease is, from an Inflammation of the Lungs, similar to that in Peripneumony (*see page 115*), and the same method of treatment is to be pursued here as is recommended under that complaint, and in Catarrh or Cough; *viz.* Bleeding, repeatedly, according to the violence of the Fever and Dyspnoea, or difficulty of breathing.

1. Demulcent Pectorals, such as Linseed Tea with Liquorice, Barley-water with honey, &c. *See FORMS.*

2. Diaphoretics and Opiates—Mindererus's Mixture—Antimonial Opiate—Paregoric Elixir.

3. When the Cough and Fever are considerable, Blisters should be applied between the shoulders.

If, from exposure to cold, or from any other cause, the eruption prematurely disappears, and bad symptoms come on, *viz.* great difficulty of breathing, delirium, &c. here Bleeding, Blistering, Pediluvium, and Sudorifics, such as *No. 9, 10, 11, 13*, are to be immediately employed.

4. A Diarrhoea frequently comes on at the end of the Disease, which it may be necessary to restrain, by the Chalk Mixture, *No. 29*—or by the Catechu, *No. 30.*

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The Fever attending Measles is sometimes of the typhoid or putrid kind, the same as in Peripneumony (*see page 115*): Here Bleeding is to be avoided, and the same practice followed as recommended in the above-mentioned complaint.* *See page 115.*

Cold air,† which has so salutary an effect in the Small-Pox, is not so proper here, on account of the Cough; but the air of a close hot room may do as much hurt, by disposing the Lungs to Inflammation, as cold air. Should a fixed Cough remain after the Measles, or other symptoms threatening Consumption, a Milk Diet, riding on horse-back, a voyage to sea, and all the other means proposed in the beginning of Phthisis, should be had recourse to. *See page 145.*

In the Cough left by the Measles, a number of Pectorals have been celebrated, as Balsam Capivi, &c. a small tea spoonful of which may be taken twice in the day in sugar, and washed down with Barley-water. Some of the Country Remedies, particularly Calabash Syrup (*see APPENDIX*), may be here especially useful.

A chronical Ophthalmia, or Inflammation and weakness of the Eyes, sometimes succeeds to Measles; for which, besides the ordinary Remedies (*see Ophthalmia*), a Seton in the neck may, in some bad cases, be advisable.

In

* *Watson, Med. Essays—Morbilli anemali—Sydenham—Mortonis.*

† In the Island of Java, according to *Kaempfer*, it is the practice to throw cold water on patients in the Measles. “*Sane in Java, qui laborant morbillis, nisi strenue perfundantur aqua frigida, vix evadunt. Novi Bataviae Chirurgum qui tres natos suos, quos Europæa methodo pertinaciter tractabat, omnes uno mense amitteret; cum vicinus nigritya sine Medicamentis liberos servabat omnes, solo hoc baptismo sub die mane et vespere iterato.*” *Amœnit. Exot. Fascic. III. Ob. IV.*

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It is needless to say what the Regimen, in a Febrile Inflammatory Complaint, like the Measles, ought to be.

Scarlet Fever.—This is so named, from the Scarlet Eruption, or redness of the skin, which takes place about the fourth day of the Fever, along with a swelling of the face. The Eruption begins with large blotches about the neck and breast, which quickly spreading, unite, and the whole skin becomes of a bright red colour, like the shell of a boiled lobster. When it subsides, the cuticle scales off, as in Measles.

The same kind of Scarlet Eruption attends the Malignant Sore-Throat; and, on the other hand, Sore-Throat sometimes attends the Scarlet Fever, so that they have been thought one and the same Disease. There must certainly be an intimate alliance between them; but as they occur separately, they require a distinct treatment.*

The simple or mild Scarlet Fever of Europe, is an Inflammatory one, requiring the Antiphlogistic or cooling Regimen, (*see page 67*); the same will be proper here, when the Disease is of this kind,† but when it is Epidemic, and attended with symptoms of malignancy; viz. Nausea and sickness at the stomach, low pulse, and great debility, difficult breathing, delirium, ulcerations of the tonsils, &c. the treatment must be very different;—the practice in this case must be similar to that in Malignant Sore-Throat (*see page 118*); viz. Blood-Letting is to be avoided, as likewise Purging, except by Clysters and other gentle means, which

* Dr. *Withering* has taken great pains to discriminate between Scarlet Fever, and Putrid Sore-Throat; but the Epidemic that prevailed at Edinburgh, in several different years, 1782, 1783, 1789, and 1790, afforded proof that there was no essential difference between the two Diseases.—*See Encyclopædia Brit. Article Medicine.*

† The Scarlet Fever is a Disease possessed of various degrees of Malignity, from a flea-bite to a plague.—*Sydenham.*

which afford present relief, and prevent a spontaneous and dangerous Diarrhœa.—Emetics in the beginning are of the utmost importance, and their repetition is sometimes necessary.—Diaphoretics, such as No. 11, 13, 14, 15, are also proper.*

Blisters applied early to the neck, are, in the opinion of most Practitioners, of great importance in diminishing the Inflammation about the fauces; † for this purpose also Gargles (*see* No. 76) are to be frequently employed.

The Bark in Decoction, with other Antiseptics, are also to be given in the advanced stage of the Disease, and where putrefaction is apprehended. ‡

Diarrhœa is apt to occur in the decline of this Fever, as in Putrid Sore-Throat, and is to be checked in the same way. *See page 118.*

Patients recovering from Scarlet Fever sometimes fall into Dropsy; for which the patient must be directed to the use of Diuretics, Tonics, &c. as recommended in other Dropsies. §

X

Dr.

* Dr. *Withering* is of opinion, that Alexipharmical Cordial Diaphoretics have a bad effect, increasing restlessness and delirium: He preferred Diuretics; viz. salt of Wormwood, in common drink.

† Dr. *Withering* says, that Blisters hasten delirium; but they are generally recommended for the purposes above-mentioned.

‡ Dr. *Withering* found the Bark of no use, but it has been deemed requisite by most other Practitioners.

§ See a valuable Paper on the *Febris Scarlatina*, in the *Memirs of the London Medical Society*, 1786, by Dr. *Sims*.—His practice consists in giving, first Emetics, then Rhubarb, with Sal Polychrest—Tincture of Roses, with Syrup of Lemon Juice—Wine and Decoction of Bark—also Aromatic Confection, with Spirit of Vitriol.—See also another Paper on the same subject, by Dr. *Jakson*. *Memoirs of the London Med. Soc.* 1792.

Dr. Darwin proposes the Inoculation of this Disease. See *Zoonomia*, Vol. II. 246.

Chicken-Pox.—The Chicken or Swine Pox is a Disease of so little consequence, as hardly to deserve mentioning, were it not that it is sometimes mistaken for the Small-Pox; but it is distinguished from Small-Pox, by its being attended with little or no illness; by the pustules being full on the second or third day, not of purulent but ferous watery matter; by the pustules being on the fifth day dry; a time when the Small-Pox is not come to the height.

The want of proper discrimination between the Small-Pox and Chicken-Pox, has given rise to many stories of persons having the Small-Pox twice. As the Disease is attended with no symptoms requiring much attention, I shall say nothing further on it, but refer to Dr. *Heberden*, who is the only Author I know of, who has given a proper account of it.

The other Exanthemata, or Eruptive Fevers, called Miliary, Purple, or Petechial, not being frequent in this climate, or only Symptomatic, I shall omit them, as also the *Pemphigus*, a rare disease in Europe. *Boninius* speaks of such a Disease, consisting of large Vesicles, filled with yellow serum (like those caused by Cantharides) attending sometimes a Dysenteric Fever in the Brasils, occasioned also by the handling of serpents.

C H A P T E R VII.

On DROPSICAL COMPLAINTS, and CACHEXIA, DIRT EATING, &c.

On DROPSY in general.

THE several kinds of Dropsy, Anasarca, Ascites, &c. depend on one and the same cause; viz. either too great effusion from the exhalant arteries, or else a diminished or impeded absorption, by the Lymphatics. The effusion from the exhalants is generally supposed to be owing to Laxity, but in some cases may be attributed to increased action, and it is of much importance, in the cure, to ascertain how far this is the case; for the Remedies suitable in one case, are not so in another.*

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VII.

Dropsy is generally a Disease of the Phlegmatic Temperament; it is brought on by cold and damp air, by poor living, great loss of blood, hard drinking, and frequent returns of Intermittent Fever, causing obstructions in the Liver. When it comes on suddenly in young persons

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of

* This discrimination in Dropsical Diseases, made by Dr. Russ, though well founded, and of considerable consequence to attend to, has exposed him (not to the censure of the Medical Critic) but to the ridicule of that arch wag Peter Porcupine, who represents him as prescribing, along with *Sangrado*, Bleeding and Hot Water for the cure of the Dropsy.

CHAP. VII. of a sanguine constitution, and who are subject to Hæmorrhagy, or labour under any suppressed evacuation, as of the Menfes, Piles, &c. it may be supposed not of the Atonic kind, but owing to increased action.

Dropfy is not a very frequent Disease in the West-Indies, but when it does occur, it is as uncertain of cure as elsewhere: The most common case is Hydrothorax, or Dropfy of the Chest, a Disease much less seldom in cold climates. The Remedies for Dropfy are numerous, but very precarious; they all succeed in turns, but hardly any of them twice together; which accounts for the contradictory accounts of their efficacy. I shall first point out the general cure of Dropfy, and then speak of the treatment of the particular kinds of it.

In cases where any Phlogistic Diathesis, or Inflammatory disposition, can be supposed to exist, *Bleeding*, however it may be made the subject of ridicule, is undoubtedly, in some instances, not improper.* Such cases however, I must own, are not likely to occur often in this climate. The other Remedies in Tonic Dropfy, or Dropfy with too much action, are all (except Bitters and Chalybeates) the same as in other cases; viz. Vomits, Purges, Diuretics, &c.

Dropfy has often gone off suddenly by spontaneous Vomiting, and Emetics are frequently given with great advantage. They should be of the stronger kind, and often repeated. See VOMIT, No. 49, 80.

PURGES.—Those principally employed in Dropfy, are Jalap, Gamboge, Scammony, Elaterium, Hellebore, &c. but the Cream of Tartar, given

* Besides Dr. *Fish*, there are many other most respectable Authorities, for this practice; viz. *Home*, *Munro*, *Fordyce*, *Hoffman*, *Stoll*.—See also the elegant Thesis of Dr. *Alexander McLeary*, de *Hydrote Anasarca*.

given in a particular manner, has succeeded better than any of the above Diuretics. For FORMS of the above Medicines, see No. 50, 51.

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The DIURETICS given in Dropsical Complaints are, the Neutral and Alkaline Salts, Squills, Foxglove, Tobacco, &c. Cantharides. See FORMS, No. 52, 53, 54, 55.*

SUDORIFICS.—In Anasarcaous cases, sweating has been recommended, either by the apparatus of a chair,† &c. or else by giving large doses of Dover's Powder, every other night, and covering the patient with blankets.

MERCURIALS.—Where there is a diseased Liver and Spleen, or suppressed obstructions of the Mesenteric Glands, Mercurial Frictions of the lower extremities should be employed, at the same time that Diuretics, &c. are given. The Mercurial Blue Pill, with Squills, is here a suitable form. See No. 109.

TONICS.—What remains of the cure of Dropsy, is to be obtained from Tonics, Exercise, and Regimen, or all such things as tend to brace up and invigorate the body, after the extravasated water is drawn off, and the action of the kidneys excited, so that the flow of Urine is free

* Efficacy of several Medicines compared :

1. Cream of Tartar cured 33 out of 43; *Ferriar.*—13 out of 20; *Home.*
2. Foxglove cured 11 out of 29.
3. Backer's Pills of Hellebore, 6 out of 12.

See *Ferriar's Med. Histories and Cases*—*Home's Clin. Obs.*

† It is the custom in the East, to bury the patient to the neck in a hot sand-bank; a practice that might be advantageously adopted here.—*Van Swieten* quotes an Author who advises the Hydropic patient to be put into a hot oven; and *Heracitus*, the Misanthropist, who got a Dropsy by flying to the woods for the sake of shunning society, was cured by burying himself in horse-dung.

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free and natural. The Tonics made use of are Bitters, Bark;* Chalybeates, *viz.* Steel Filings, Mineral Water, &c.—Steel Pills and Powder, No. 47, 48—Decoction of Bark, with Squills, No. 43—Bitter-Wood Infusion, with Chalybeate Wine, No. 58—Eleduary of Gum Guaiacum, Bark, and Steel, No. 46—Steel Drink, 59.—Exercise is of great importance: Dropsy has sometimes been cured by hard labour. A nutritious diet is required, with wine,† &c.

The thirst of Dropsical patients is sometimes insatiable: It was formerly thought necessary to keep them from the use of drink, but no advantage is to be gained from the observance of this painful injunction; on the contrary, large potations have sometimes brought on copious discharges by urine, which have carried off the Disease.‡

It is necessary I should now say something concerning particular Dropsies; *viz.*

Anasarca, or watery swelling of the whole body: This generally shows itself first in the ankles, mounting upwards, and at length becoming universal. Besides what has been recommended in the general cure of Dropsy, some other means may be employed, as Frictions of the Extremities; Sweating them in a box into which the vapours of Spirit of Wine, &c. is conveyed; Bandaging them with a flannel roller, beginning at the toes, and going upwards to the knees; Scarification of the ankles, or Blistering them; but this practice is not without danger; inflammation and gangrene sometimes succeeding; to prevent which, warm and spirituous Fomentations are requisite.

Ascites.—

* In the Memoirs of the Medical Society there are some cases of Dropsy cured by Gum Guaiacum.

† Wine and spirits are often the only remaining Medicines. I know several instances of cure, from an indulgence in spirits, when Medicines had totally failed.

‡ *Milman.*

Ascites.—In Ascites, or Dropsy of the Abdomen, the Paracentesis or Tapping is necessary: This should be performed as soon as any fluctuation is perceived, and before the bowels are become flaccid from long immersion in the effused water. There is nothing in the operation* to excite terror, and it may be often repeated, for palliating the disease, where it does not ensure a cure, which it sometimes does ultimately, after having proved only a palliative.† In this Species, frequent Frictions of the Abdomen, with a mixture of Oil and Spirits of Turpentine, are sometimes employed, with great effect.

Hydrothorax, or Dropsy of the Chest.—This, I observed, is not an infrequent Disease in this island, but it is seldom discovered or ascertained till it is so far advanced, as to render the cure very uncertain. It is not always preceded by other complaints, but attacks persons apparently healthy, and labouring under no mal-conformation. The most certain signs of it are waking suddenly out of sleep, with affright; difficulty of respiration; palpitation of the heart; and irregular intermitting pulse. If, at the same time, the patient is troubled with frequent returns of these symptoms, he has also Dropsical swelling of the ankles, and passes little urine; there is too much reason to conclude that he has water in the cavity of the thorax. A numbness of the arms is also said to attend this Disease. As the disorder increases, the difficulty of breathing becomes very great, and the patient is forced to keep constantly in an erect position. A fluctuation of water may sometimes be perceived, by turning suddenly
from

* See a new mode of performing the Paracentesis, in which the danger of wounding any branch of the Epigastric Artery is avoided.—Dr. Sims advises a perforation of the navel, and leaving in the trocar for several days. *Mém. Méd. Soc. London.*

† I have known patients recover after fifteen or twenty tapplings, but there are instances where the operation has been performed much oftener.—Dr. Mead tapped a lady sixty-six times.—Dr. Ferrus, however, is of opinion, that tapping accelerates the accumulation of the waters.

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from one side to the other. In this case, the operation of Paracentesis, for drawing off water, is recommended, but seldom practised. Besides the means already recommended in the cure of Dropsy, Blisters here are considered as useful. A preference has also been given to the Fox-glove in this species of Dropsy, but on no good foundation.

There is some difference between Hydrothorax, and an Anasarca of the Lungs; though the one is not easily distinguished from the other, and the remedies are the same.*

Hydrocephalus—Dropsy of the Head.—This is a Disease principally affecting children, and is of two kinds: 1. Where the water is collected externally, between the bones of the head and the teguments or scalp. 2. Where the water is seated within the head, either between the cranium or skull, and the brain; or else in the ventricles or cavities of the brain.—The latter Disease especially is a dangerous, and generally incurable one.†

It is at first distinguished by such symptoms as are common in Worm Cakes; afterwards by acute deep-seated pain in the head; flitting from one side to the other; sickness at stomach, and vomiting; sleepiness; sighing and exclamation; great sensibility to light in the beginning, afterwards an insensibility thereto, with dilatation of the pupils, distortion of the eyes, &c. &c. The only remedy to be depended on, in this commonly fatal malady, is Mercury: Calomel is to be administered internally, and externally Mercurial Ointment rubbed in:‡ Blisters, Setons, &c. being at the same time employed.§

It

* See *Darwin, Zoonomia*.

† The internal Dropsy of the brain has been considered by some Medical Writers, but very improperly, as an Apoplectic Disease.—*Patterson's Letters to Dr. Quin*.

‡ It is remarkable that Mercury, exhibited in this Disease, has the same inactivity as in the Yellow Fever: Large quantities are sometimes taken, without any salivation being excited.—§ *Darwin* recommends Emetics and Electricity.

It is necessary to be mentioned, that any aperture or opening, made for the discharge of water in the head, is always fatal.

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Country Remedies in Dropsy:—See APPENDIX:—Purging Senna, Bindweed, No. 13—Green Wythe, No. 13—Infusion of Oil-Nuts, No. 15—Dumb cane, No. 23—Trumpet-Tree, No. 19—Spikenard, No. 18—Contrayerva—Quassia—Cashew.

Tympany, or flatulent Dropsy.—This is a Distension of the Abdomen, from air contained either in the bowels or else in the cavity; the former depending chiefly on a weakened relaxed state of the intestines, by which they are rendered incapable of acting on their contents; the latter on blood, purulent matter, or water, effused and undergoing corruption: For this the only cure is, the paracentesis, or perforating the abdomen with a trocar,* as in Ascites. The Remedies against the first species of Tympany, where the air is contained within the intestines, are, CARMINATIVES, or such things as have the effect of expelling it; viz. Ardent Spirits, particularly Gin—Oil of Aniseed—Essence of Peppermint—Tincture of Cardamoms.

ANTISPASMODICS; viz. Opium—Laudanum—Æther—Tincture of Asafoetida—Tincture of Castor, No. 18, 19.

FOMENTATIONS and FRICTIONS of the Abdomen, with Oil of Turpentine (see page 167) or Volatile Camphorated Liniment, No. 25.

PURGATIVES and CLYSTERS—Calomel and Jalap, No. 7—or Pills, No. 36—at night.—The following morning, Oily Emulsion, No. 38—Clyster of Asafoetida, No. 72.

Y

TONICS,

* Ambrose Pare is said to have successfully punctured the intestines themselves.—
See Van Swieten

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Tonics, to restore the tone of the bowels, after the expulsion of the wind—Quassia Infusion, with Steel, No. 58—Steel Pills, No. 47, 48—Decoction of Bark, Gum Gusiicum, and Steel, No. 46.—*Van Swieten* extols the Spirits of Vitriol in Tympany, and relates a remarkable case of its efficacy.*

Persons subject to flatulent Distensions of the Stomach and Bowels should carefully abstain from vegetable food, particularly cabbage and all the pulses; as also from large potations of weak and fermented liquors: They should take plenty of exercise on horseback, and wear a belt with buckles, or a waistcoat that laces, so as that the Abdomen may be kept lightly braced.

A Disease of this kind frequently affects cattle, from the use of succulent young grass, &c. and horses who eat the pods of the Acacia.—Laudanum and Gin should be first given them, then Castor-Oil.—Cattle are relieved by perforating the belly with a knife, or other pointed sharp instrument.

MALACIA AFRICANORUM *vel* PICA NIGRITUM—the DISEASE of DIRT-EATING among NEGROES.

The man who could effectually explore the cause and cure of this Disease, so fatal to negroes, and so ruinous to their owners, would deserve a statue.†

I have

* *Petit æger remedium quo sitim intolerabilem lenire posset; habebat Medicus præ maribus tunc temporis, Spirit. Sulph. per Campan. cujus portionem dedit insilland. aquæ fortanæ. Sitis non tantum inde sedata fuit, sed flatus copiosissimi erupuerunt, venter detumuit, et integræ sanitati fuit restitutus. Tem. IV. 277.*

† I know of no calculation of the general mortality by this Disease, but it sometimes sweeps off one half or more of the negroes on a plantation. It is, according to Dr. Chamberlaine

I have to lament that, after much consideration on the subject, I have but little to offer that is new, or that is likely to be deemed satisfactory; but I shall here bring into one point of view, all that I can collect from experience, reading, and information, and endeavour to make the best application of it, in the investigation of a proper mode of Treatment.

The Disease of Dirt-Eating among negroes is precisely the Chlorosis or Green Sickness of Women, which Dr. Cullen, our best nosologist, thus defines: * “ Indigestion, or an appetite for substances not eatable; pale colour; œdematous or dropsical swelling; general weakness; palpitation of the heart; obstruction of the menses.” The afore-mentioned Writer considers Chlorosis as peculiar to women, and depending wholly on a retardation or obstruction of the Menfes; but other Authors describe a disease called *Pica* or *Malacia*, in all respects similar, occurring in the male sex, but more particularly among boys. †—A late observant traveller affirms, that Dirt-Eating is peculiar to Africa, and that it affects persons from other countries going to reside there. ‡

Y 2

The

Chamberlaine (to whom I am indebted for several remarks), much more prevalent since the large importation of Angola negroes, who are more particularly addicted to Dirt-Eating than any others.—Dirt-Eating prevails more in wet than in dry parishes: In Port-Royal Mountains it is almost unknown, though it is frequent in St. Andrew’s; which is, perhaps, owing to there being none of the earth they are fond of in the former situation.

* *Indigestio, vel rei non esculentæ desiderium; cutis pallor vel decoloratio; corporis tumor mollis; obstentia; palpitatio; menstruum retentio.*—Cullenii Nos. log.

† Sauvages says of green sickness, “ *licet mulieribus familiaris sit, non minus sexus virilis et ætos, ræna potissimum, hac pluries afficiuntur.*”—Sauvagesii Nosolog.

‡ “ During my journey, I observed that my Turk stopped from time to time, and gave orders to a servant to pick up some pieces of dirt, which he immediately devoured: I inquired what relish he could have for such a singular repast: He informed me, that an invincible appetite made it necessary to him, and that nothing in the world could prevent him from gratifying it. This man was about sixty years of age, his colour

lour.

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The negroes who eat dirt complain, first of pain in the Stomach (whence the French call it the *Mal d'Estomac*), then breathlessness on the least motion, attended with visible pulsation of the carotids, or the arteries of the neck; they next become bloated; their nails and the palms of their hands become white, and their lips, gums, &c. quite pallid, shewing the want of red globules in the blood: These symptoms continuing and increasing, the patient sooner or later dies, sometimes in a very short space of time; at others, through the aid of Medicine and nourishment, his fate may be protracted, but he rarely recovers.

This complaint may, I think, be a threefold one: 1st. As it affects children or young people.—2^d. As it affects obstructed and pregnant women.—3^d. As it affects the sexes indiscriminately, in great numbers, at the same time.

It is well known that white children, both here and in Europe, as well as negroes, are, at a certain age, prone to the eating of Dirt: Whether they are led to it by an instinct, similar to that which directs other animals to the use of extraneous and indigestible substances, I shall not venture to determine; but we see dogs physicking themselves with grass; and poultry, when denied the use of gravel, picking their own feathers: Before we attempt to account for such propensities as we deem vitious, let us, if we can, account for such as are natural. If we can satisfactorily shew the causes of our ordinary appetites, and the various sympathies

four was yellow, he was feeble and languid, and complained of violent pains in his stomach. Born in Constantinople, and having passed a considerable part of his life in Turkey, he had only felt this inclination to eat Dirt, after a long residence in Egypt. I have been since informed, that several persons in the same country were attacked with the same malady, which seems peculiar to Africa. It is well known among the negroes in the West-Indies.—*Sonini's Travels through Lower Egypt, Vol. III, page 284; published 1799.*

sympathies we are subject to, it may not be difficult to account for such as are uncommon, and that are considered depraved; though the indulgence of them is not always attended with any bad consequences: Children, green sick girls, and pregnant women, devouring with impunity a great many different substances.* They have frequently a predilection for chalk, or the absorbent clays; whence the Disease has been attributed to an acid.† That there may be sometimes an acid on the stomach, is not to be questioned; but this is rather to be deemed an effect than a cause. Chalk is not always the kind of earth preferred, coals, cinders, salt, and I know not what besides, are sometimes coveted.‡ It is obvious, therefore, that the depraved appetite does not depend on an acid, but on a state of debility in the stomach, which renders it insensible to the ordinary stimuli, and lays the foundation for these unnatural propensities.§

According

* It is proverbial, "*nihil gravidæ denegandam esse*," that a woman with child ought not to be refused any thing.

† *Maxima pars auctorum tribuit picam vitio humorum ventriculi, vel salivæ; æst non dubium est quin etiam error judicii, et voluntatis primario incisandus sit.*

‡ *Zacutus noverat puellam, quæ per infirmitatem, cum olei paucillum degustasset, sensim magnæ copiæ assueverat, ut jam tota vita esset suavissimum, quo non poterat sine ægritudine carere.— Altera, se delectatam crusta latrinarum muris adhærente, fassa est.*

§ The symptoms in this Disease have been always considered as marks of a weak stomach: Celsus says, "*Stomachum autem infirmum indicant pallor, macies, præcordiorum dolor, nausea*," &c.—Dr. Cullen has shewn how an atony in the uterus may be transferred to other parts of the system, particularly the stomach, and so cause all the symptoms of Chlorosis. In what manner a similar state of the stomach can be occasioned, by the depressing passions, and such causes as will be presently mentioned as conducing to Dirt-Eating among negroes, may perhaps be conceived by those versant in pathological inquiries, but is difficult of explanation:

"*Qui stomachum regem totius corporis esse*

Contendunt, verâ niti ratione videntur:

Hujus enim validus tenor firmat omnia membra,

At contra, ejusdem franguntur cuncta dolores."

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According to the old proverb, "*De gustibus non disputandum.*" How much the tastes of men, in different ages and countries, vary in the choice of food and modes of cookery! Should Heliogabalus, or any other Roman epicure, appear among us, we might be apt to think his appetite fully as depraved as that of a Dirt-Eater.* In short, the appetites and tastes of men are often the result of imitation, and are also greatly under the influence of habit. "*Appetitum* (says an old Writer), *vel ciborum, electionem ab imaginatione pendet; sic quoq. in Pica, appetitus depravatus juvenitii errore.*"

Dirt-Eating among negroes may possibly be sometimes a social custom, like snuffing or smoking tobacco, and the *Geophagi* (if I may so name them) display as much curiosity and nicety in their choice of the earth they *yam*, as snuff-takers or smokers in the kind of tobacco they make use of: As people who use snuff or tobacco are apt, when labouring under disappointment and misfortune, to be guilty of excess, (snuffing incessantly, chewing immoderately, and seemingly without any consciousness,) so may negroes, who have contracted the habit from caprice or imitation, find the same sort of solace in an indulgence which, when within limits, was innocent, but which from excess may become pernicious and destructive.

What analogy there is between Chlorosis† and the Pica, I shall not take upon me to ascertain; but Diseases which so strongly resemble each other in their symptoms, must, it is presumed, have a common cause

* Dr. Smollett, in his feast after the manner of the ancients, has given us a humorous account of Roman dishes; the very description of which is almost sufficient to cause sensations such as poor *Pal't* felt.—See *Peregrine Pickle*.

† Some late Writers have supposed the Chlorosis to arise from ungratified appetite, but I think on no good ground. There are very few obstacles to hinder negroes in the indulgence of their natural desires.

cause. The remote causes may be indeed various and dissimilar, but the proximate one must be the same; and, as in Chlorosis, it is evidently debility in the stomach, so it must in Pica and Dirt-Eating; which must be looked on either as a sporadic Disease affecting individuals, or endemical affecting great numbers, at the same time. When the major part, or a great number of negroes on a plantation, or new negroes on landing, take to Dirt-Eating, it would be ridiculous to consider the disease as the effect of any constitutional circumstance. We must search for the cause elsewhere, and we shall find it no where but in the passions.* A deficiency of food, and hard labour, though it may contribute to bring on the disease, will not occasion it, where there is not a dissatisfaction or discontent of mind—on the contrary, these are alone, or of themselves sufficient to cause it, without any scarcity or hardship: It signifies nothing from what source the dissatisfaction arises, or whether there be any grounds for it; but the ordinary motives for it, are a change of Master, Attorney, Overseer, or Driver—the dispossessing them of their grounds or habitations—shifting their residence, particularly from the lowlands to the mountains—but, perhaps, *Obeah*, or the terror of witchcraft, is a much more frequent cause than any: This at least must be suspected, where there is no apparent ground of complaint;† but whatever motives actuate them to eat Dirt, they always do it secretly and clandestinely. There is scarce
a possibility

* The negroes on an estate, from dissatisfaction took to eating Dirt, and great numbers of them died. The Overseer being discharged, the complaint ceased, but the survivors declared that, if the Overseer had remained, they would all have given themselves up to the same fate.

† An experienced Practitioner informs me, that on an estate which he attended, seventy negroes died of this complaint in a very short space of time, till at last it was discovered, through the information of one who was christened, that there was an *obeah* woman on the property; the terror of whom had occasioned this melancholy catastrophe: When a negro, as he observes, conceives himself to be under *Obeah*, every accident he meets with, and every indisposition he feels, he attributes to the effect of magic, and his existence becomes a misery.

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a possibility of detecting them, and they will never acknowledge it.* Nothing can extort from them the confession, which shews they are either under the influence of some horrible superstition, or bent on some fell purpose. I consider this Disease then, as sometimes a *voluntary* one, proceeding from hopeless, though perhaps causeless grief, and a determination either to shun or revenge certain evils, by self-destruction. This purpose is at first formed among a few *grandee* people, or those who have a great ascendancy over the minds of others, and the rest follow their example, by a kind of fascination. When this once seizes them, they daily devour, with the most voracious avidity, large quantities of earth, at first of one kind only, afterwards of every kind indiscriminately, and quickly fall into that deplorable state of Cachexy before described, from which they are not, by any means yet known, to be recovered. Such is the nature or force of this insanity (for in this view I consider it), that an alteration in the system of management, or a compliance with their own demands and wishes, will not in all cases put a stop to it. Threatenings and punishments of different kinds, such as humanity will certainly justify, have no effect. Of all these circumstances, I could adduce histories in proof, did they require authentication.

Not to lose time, by any further disquisition concerning the nature of this Disease, or by an inquiry how the passions give rise to this propensity, which I fear would be fruitless, I shall go on to speak of the treatment of it.

TREATMENT.—The symptoms arising from Dirt-Eating being exactly the same as in Chlorosis, or Green Sickness, the same Remedies have

* It may be discovered by examination of their fæces which, in cases where they eat it in a large quantity, are composed of earth they swallow; or else, by giving emetic, and washing the contents thrown up, &c.

have been usually employed; viz. Emetics, Purgatives, Bitters, Chalybeates, &c. with a suitable Regimen of animal food, &c. which are now and then successful; but, when a great number of negroes take to this practice, at the same time, the Disease is not to be overcome by any remedies yet known. The depriving them of dirt will not obviate the danger, for they appear to suffer as much from the prohibition, as from the indulgence.

What then is to be done for the recovery of these poor mortals? In the first place, the strictest inquiry is to be set on foot, to discover the motive that has impelled them to this practice: If they have any reasonable pretext of complaint, their wrongs should be redressed, and their minds conciliated; but neither reparation for supposed injuries, nor any indulgence that can be shewn them, will always have the effect of making them desist.*

Z.

2. If

* Persons unacquainted with the manner in which negroes are provided for, are apt to imagine that all their maladies, and this in particular, are owing to bad treatment, and scarcity of food; but the contrary of this can be demonstrated, in a number of instances. In the year 1783, John McGillivray, Esquire, a Provincial Colonel, well known for his brave character, brought here from Georgia, between three and four hundred negroes; who were, for some time, employed on the public fortifications, at that time carrying on, and were in the highest state of health during the hard labour they were employed in; but, when he afterwards settled in St. Thomas in the East, they took to Dirt-Eating. No cause could be assigned for this, but their having lost the hope of returning to America. Their owner, being the most humane kind-hearted man that ever lived, did every thing to please and satisfy them; he exacted little or no labour from them; he furnished them with the greatest plenty of pork, beef, rice, flour, &c. notwithstanding they were in possession of hogs, poultry, &c. of their own: To contribute to their amusement, he built a dancing-room, and furnished them with fiddlers; but the malady was incurable, he lost above one hundred negroes; when at last the old gentleman dying himself, those who remained ceased to eat Dirt, and very few afterwards died. This history furnishes subject for several very important reflections, which I shall not anticipate others in making.

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2. If they appear to be under the influence of magic or superstition, the *Obeah* people should be searched for, and brought to punishment, and the bewitched negroes should be christened. This is the best, and perhaps the only way of completely exorcising them.

3. Every thing should be done to render the practice infamous: An odium should be attached to it, or rather those who can prove themselves descended from families uncontaminated by this abhorred vice, should be held in honour.

In respect of Medical Treatment, it has been already observed, that this consists in giving Vomits, Aloetic and other warm Purgatives, Chalybeates, Bitters, &c. see No. 58, 59, 90, 91, 92; which, with nutritious food and wine, will, in some cases, succeed, if the Disease has been brought on by any other complaint;* and must, in all cases, be resorted to, as the best means, till we are fortunate enough to discover some more effectual plan of cure, which I have been at pains (but I fear unsuccessfully) to investigate. I shall, however, venture to suggest what has occurred to me on the subject.

The Disease is characterized by a great degree of torpor: There is the same want of excitement as in Jaundice, Dropsy, &c. where the Liver is affected, and where the stimulus of bile in the first passages is deficient

* This is not unfrequently the case; a very respectable and intelligent Planter informs me, that on a certain estate in St. Mary's, there was a great annual loss of negroes, by this malady of Dirt-Eating; but on removing the negro-houses, which had a black exposure, the negroes grew healthy, and were no longer subject to this complaint. It is therefore evidently of the utmost importance, to ascertain whether Dirt-Eating is a primary or secondary Disease; that is, whether this inclination is the effect of some preceding complaint, or whether the symptoms are not brought on subsequent to the practice.

deficient. The dissections* in the complaint have been few, and I do not know what grounds there may be, for supposing the Liver concerned, either in occasioning the Disease—or in hindering recovery; but, reasoning from analogy (a loose one perhaps), I have thought that Mercurial Frictions might be tried, for the purpose of exciting the action of the absorbent system, as in the afore-mentioned complaints, or as a stimulus to the sanguiferous† system: Experience, falsifying the notions formerly entertained of the effects of Mercury, has shewn, that it is a most efficacious remedy in many diseases, where the administration of it some time ago would have been thought highly pernicious, if not fatal. The experiment, I think, then would be a justifiable one.‡

Satis est enim anceps auxilium experire quam nullum.

Z 2

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* Dr. Clark, Island Botanist, deceased, found in some bodies of negroes, who died of Dirt-Eating, large concretions of earth; in one, a mass that filled the whole colon, weighing 12 lbs. Polypous concretions were also found in the large arteries about the heart; occasioned, as it may be supposed, by the languid circulation previous to death.

† See what Dr. Rush says, of the effects of Mercury in Tetanus.—*Med. Obs. and Inquiries.*

‡ Since writing the above, I have met with an observation that is quite apposite to this subject: "Every disease (says Dr. Wade,) originating from the Liver, is cured by Mercury and Laxatives; so that, in obstinate cases, which have the remotest connexion with this Organ, Mercury ought to be tried."—*Wade on the Diseases of Seamen in Bengal.*

Several Country Practitioners, to whom I have suggested this mode, from the ideas they have formed of its probable success, have determined to make trial of it. In the only case in which I have had the opportunity of making the experiment, it answered the purpose. The patient, who was universally bloated, and proved to be a Dirt-Eater, after a Vomit and a dose of the Sacred Tincture, had 2 drachms of Mercurial Ointment rubbed in daily, till his mouth was affected, which did not happen till he had used 4 ounces of the strong Mercurial Ointment; he then took Bitters and Chalybeates; was allowed good nourishment, and some wine; and, in a few weeks, was relieved of all the symptoms.

CHAPTER VIII.

ON NERVOUS DISEASES.

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THE word *Nervous* is strangely perverted,—in these refined times, almost every complaint is nervous;—It would be unfashionable and vulgar (for a lady in particular) to have any other—but what are these elegant Disorders called Nervous? They are not *all* included in that forced hot-bed, sensibility, which so many people called Nervous complain of, occasioned by a false education, and a manner of living totally out of nature: This is an evil of sufficient magnitude; but it is sometimes more an object of ridicule than sympathy. In the class of Diseases properly called Nervous, there are several that are altogether beyond the reach of the Medical art, or in which Medicine can do but little. This must continue to be the case, till we are better acquainted with the nature of the Nervous power, and of the causes interrupting it.

Nervous Diseases are of four kinds: 1. Such as are attended with sleep, and the total or partial loss of voluntary power; viz. Apoplexy, Palsy, &c.—2. Such as are attended with, or depend on, a diminished or weakened action in the natural functions.*—3. Such as are attended with morbid, irregular, and violent motions of the muscular fibres, called Spasmodic Diseases, Convulsion, Epilepsy, Tetanus, &c.—4. Such as affect the faculties of the mind, occasioning Ideotism, Insanity, or Madness.

* See INTRODUCTION, page 58.

We shall begin with those called Comatose; *viz.* Apoplexy, &c.

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APOPLEXIA.

A person seized with Apoplexy, or taken with an Apoplectic fit, falls down for the most part suddenly, with little or no warning or previous symptoms,* being deprived of all sense and voluntary motion, and appearing to be in a profound sleep, from which no ordinary stimulus can arouse him.

It seldom attacks people in early life, unless in consequence of accidents; those most liable to it are corpulent short-necked people, after sixty years of age; a period of life when a particular kind of Plethora is apt to prevail.† The fit may be brought on by various causes; where there is a disposition to it, *viz.* by warm bathing—excessive drinking—sudden cooling of the body, when heated—exposure to violent heat—indulgence in venery—repelled eruptions—suppressed evacuations—wounds—poisons, &c.—lastly, by the passions, whether of the elevating or depressing kind.

From contemplating the occasional causes of Apoplexy, it is obvious that the immediate and direct cause is either a compression of the brain,
or

* Sometimes it is preceded by Vertigo, or Dizziness, Head-Ache, Ringing of the Ears, Dulness of the Senses, &c. where these symptoms are observed, therefore, in short-necked people, blood should be drawn, by which the apprehended fit may be prevented.

† The Plethora of young people is arterial; that is, there is a greater fullness of the arteries, until such time as the system is fully evolved, or the body comes to its complete growth; the blood is then thrown on the veins; and people in advanced life are subject to venous Plethora.

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or an extinction of the nervous power—compression is either from a fullness of the blood vessels, or an effusion, either of blood or water—Nervous Apoplexy, or that which proceeds from a destruction of the nervous power, is caused by terror or affright, by poisons, or some internal unknown cause, acting on the brain. Hence the cure must be directed according to the different nature of the Disease, which is either sanguineous, serous, or nervous.

The *Sanguineous* Apoplexy attacks principally plethoric, corpulent, and short-necked people: This, though the most immediately dangerous, admits of the most certain relief: The means for which are immediate and large blood-letting, either from the arm, the jugular veins, or temporal artery: Cupping and scarification of the neck, provoking blood to flow from the nostrils:—*Morgagni* recommends opening the occipital vein.—*Dr. Heberden*, *Dr. Fothergill*, and *Dr. Darwin*, three great authorities, are of opinion that large bleedings in Apoplexy are hurtful—they do not, they observe, relieve the brain from compression, and they weaken the powers of life;—but may not Apoplexy be caused by a plethoric turgescient state of the vessels in the brain, without rupture or effusion?—in this case, bleeding must surely be of the utmost importance.—Clysters—Blisters to the temples and neck.—All stimulants are, in this species of Apoplexy, to be avoided.

In the *Serous* or *Hydropic* Apoplexy, which occurs in phlegmatic temperaments, and in such persons where there is no suspicion of sanguineous plethora,* blood-letting is to be avoided:—the Remedies are strong Emetics; viz. White Vitriol—Antimonial Wine—Clysters—Blisters to the spine—Errhines or Sternutatories; viz. such things as excite sneezing—

* This species of Apoplexy does not attack so suddenly as the plethoric or sanguineous—the blood vessels are not so turgid—the pulse is not so full.

ing—Powdered Hellebore—Cayenne Pepper, &c. blown into the nostrils.—See ERRHINES in Appendix.

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The Remedies in *Nervous Apoplexy*, or in that species where there is no suspicion of plethora or effusion, as in the preceding cases, and which has been brought on by the passions, by noxious vapours, &c. are Stimulants of every kind—Oxygene or pure air—Sternutatories—Volatiles—Frictions—Acrid Clysters—Sinapisms to the feet—slight Electric Shocks through the head.

Blood-letting and evacuations are here improper, as also in Drunken Apoplexy.—Men who have drunk to this dangerous excess, or who are (*dead drunk*) in a state of Apoplexy, should be undressed, placed half erect, and exposed to cool air—a sharp clyster should be administered, and as soon as they are able to swallow, an emetic to evacuate the stomach; then some brisk purge, as Tincture of Jalap, or Aloetic Elixir.

The *Coup de Soleil*, or Stroke of the Sun, is also an apoplectic affection, or *Carus*.—The patient, if plethoric, should be bled.* Towels dipped in cold salt and water wrapt round his head, whilst his feet are immersed in hot water:† As soon as he is able to swallow, give the cooling powders, or Puffin, No. 3.‡ Where other methods fail, Electric shocks through the head.—There are instances of nervous affections having been removed by the very same causes that brought them on: An Hemiplegia, caused by a stroke of lightning, was removed by another, after some

* Lewis XIV, having been affected in this manner, was bled nine times.—*Tiffet*.

† A man who, from being exposed to a scorching hot sun, was delirious, but without fever, was recovered by throwing him into a cold bath.

‡ This method of practice is dictated on the principle of there being a determination to the brain, and too great excitement; but dissection does not shew any organical lesion, or marks of turgescence and inflammation.—*Sauvages*.

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some length of time.—Persons having once suffered a stroke of the sun, should be very cautious of exposure to the meridian heat—should wear a white hat, with large sugar-loaf crown : Green spectacles are likewise extremely beneficial in counteracting the influence of the sun's rays, an extreme glare of light having sometimes as bad an effect as intense heat.—A gutta serena is said to succeed a stroke of the sun.

Two table spoonfuls of common salts, dissolved in a sufficient quantity of water, a Medicine before recommended in Hæmorrhagy, has been recommended also in Apoplexy ; would it be peculiarly advisable here ?

When Apoplexy comes on from fracture or blows on the head, the treatment is chirurgical ; viz. by the Trepan :—In all cases, the patient should be kept in an erect posture.—To prevent relapse, which the patient is liable to, the occasional causes, either Plethora on the one hand, or inanition and debilitating causes on the other, are to be avoided.

Apoplexy, as occasioned by Opium, Mephitic Air, &c. will be considered, under POISONS.

ON PALSY, HEMIPLEGIA, &c.

Palsy, in which there is a diminution or total loss of sense, or of the power of motion, or of both, in any part of the body, is divided into *Hemiplegia* and *Paraplegia*.—In the former, one side of the body only is affected ; in the latter, the lower extremities. Sometimes there is a loss of feeling on one side, and a loss of the power of motion on the other. Hemiplegia generally succeeds to Apoplexy ; Paraplegia, is brought on by accidents happening to the spinal marrow.* The other causes

* Dr. Willan has related a very remarkable case of Paraplegia, which occurred in a young

causes of Palsy are, cold applied to the body when heated, suppressed CHAP. VIII.
evacuations, metallic fumes, noxious gases, &c. &c.

A late Writer (*Kirkland*) has very properly discriminated between the spurious and true Palsy, *i. e.* between Palsy arising from compression, or an interrupted influx of the nervous energy, and that which proceeds from a deficiency or loss of vital power.—The treatment, in these two different states of the complaint, must be very different, corresponding with the different modes of practice in Apoplexy, which see, *page* 181. Palsy that happens to young and plethoric people, and to such as are liable to the sanguineous Apoplexy, or that comes on from cold, suppressed evacuations, repelled eruptions, as scald head, &c. may be supposed owing to compression. Here the remedies are, Bleeding, Emetics, Purges, Blisters, external Stimulants.—*Bleeding* is not so necessary here, as in Apoplexy, and should not be employed except in young and athletic patients. *Setons* and *Issues* are also here proper.

To such Paralytics as are of a phlegmatic or hydropic temperament, give, from time to time, *Emetics* of the White or Blue Vitriol, *No.* 34, 35—or Antimonial Wine; as also brisk Purges, *viz.* *No.* 6, 37—and Clysters, *No.* 63.

Where the Disease has been brought on by cold and wet, *Sudorifics* are advisable, such as Dover's Powders—Salt of Hartshorn Bolus, *No.* 81—Guaiacum Bolus, *No.* 82.

Blisters may be promiscuously used in all cases.

A a

Frictions,

young girl of thirteen or fourteen years of age, without any obvious cause: It took place in the night, during sleep; at the expiration of a fortnight, on awaking from sleep, she was agreeably surprised, at finding that she had recovered the use of her limbs.

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Frictions, and external Stimulants, though so generally employed, are of very doubtful efficacy, except in local or partial cases; but it is not likely they can do any injury, except in plethoric full habits.—See External Applications, No. 12, 34, 39, 56.—Electricity is the most powerful of any of the external Stimulants; the most successful method of employing it is, by drawing sparks from the paralytic parts, wrapped up in flannel.

The *Internal Stimulants*, commonly administered, are adapted chiefly to phlegmatic patients: Neither these, nor electricity, are deemed proper in *genuine Palsy*, or where there is a defect of vital power. *Opium*, with *Aromatics* and *Wine*, are here the only remedies.*

The stimulants and cordials suited to Paralytics are, *Æther*—Succinated Spirits of Ammonia or *Eau de Luce*—Compound Tincture of Castor—Tincture of Cantharides—Volatile or Ammoniated Tincture of Guaiacum—Bolos of Guaiac. No. 82—Electuary of Bark and Guaiac. No. 46—Mustard Seed; a table spoonful, whole, in a glass of wine or water, several times in the day—Mustard Wine and Electuary, No. 75—Paralytic Infusion, No. 79—Bitter Infusion—Chalybeate Wine—Ammoniated Iron,

The warm baths and mineral waters have been long resorted to by Paralytics;† but under what circumstances, or in what manner they are useful, has not, that I know of, been ever rightly explained. They certainly

* See *Kirkland*.

† Out of three hundred and ten Paralytics who used the Bath Waters, fifty-seven were cured, one hundred and fifty one were relieved, forty-five remained as they were, forty-two were worse, and twelve died. Of these three hundred and ten, forty-two were affected with Hemiplegia, out of which only four recovered.

certainly cannot be proper in plethoric cases; nor would they seem calculated to answer in phlegmatic *serous* temperaments. Where they are beneficial, it must, in my opinion, be principally either in consequence of soothing sensation, or of causing an equable and free circulation through the system of capillaries. [*Vide* Effects of hot and cold Bathing in the Introduction.] The *Therma*, or warm baths, should be therefore recommended, particularly in those Palsies that have been occasioned by cold, repelled eruptions, dry belly-ache, &c.

In Palsy from suppressed evacuation, sudden stoppage of salivation, from drying up of eruptions, as Itch, Herpes, &c. and from a Diseased Liver, *Mercurial Frictions* should be had recourse to, along with warm Bath and Sudorifics; *viz.* Decoction of the Woods, &c.

LOCAL PALSY, or PALSY of particular parts.

Palsy of the Arms.—This is too often the sequel of Dry Belly-Ache, and is sometimes not curable, or but partially: Going to a cold climate is the most effectual remedy—electricity—shower bath—and frictions—lifting and swinging of weights, beginning with such as can be moved with ease, and every day trying heavier ones.—The effort of rowing in a boat, may also prove serviceable.

Palsy of the lower extremities—Either comes on from the same cause, as Hemiplegia, or from accidents and injuries of the spinal marrow.—Ricketty enlargements of the vertebrae, are frequently the cause of Palsy in children, in cold climates; but I have never seen such a case here:—The cure is effected by the application of Caustic.*

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A paralytic.

* Pott, on the Palsy of the Lower Limbs.

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A paralytic weakness of the *Sphincter*, or Neck of the Bladder, occasions an incontinence of urine; for which the remedies are, Electricity, Cold Bath, and Blisters, applied to the Os Sacrum and Coccygis.*

Palsy of the Tongue, and Muscles of Deglutition.—Electricity—Stimulant Gargles, No. 76, c.—When the Patient cannot swallow food, nourishment may be conveyed by a flexible catheter, passed into the œsophagus, or by an eel-skin, having lateral slits, pushed into the stomach by a bougie or probang of whalebone.

EPILEPSY.

Epilepsy is a Disease in which the patient suddenly loses his senses, and is affected with terrible convulsions of the whole body. “*Disertum facit dolor.*” The Author having been once in his life the subject of this malady, could paint it in all its horrors; but this, a disagreeable task to himself, would be of no use to others. The Disease is sufficiently well known, so as not possibly to be mistaken; and I shall therefore go on, according to the plan of this work, to make such remarks only as I think more particularly useful.

Epilepsy depends sometimes on constitutional causes, and is hereditary; but it is most apt to attack weakly young people, and women.† It is occasioned in others, by injuries or morbid affections of the head; by oppletion of the stomach, or surfeit and ebriety; by worms; by poisons;

* See *Dichser*, London Medical Observations.

† It however attacks men, even the strongest and most robust; no vigour of mind or body can always resist the *Insultus Epilepticus*.—Julius Cæsar had some attack of it.—A celebrated French Mathematician, who lived to near eighty years of age, had been subject to Epileptic Fits, through the greater part of his life.

poisons; by repelled eruptions, as of the small pox;* by sudden affright or terror; violent gusts of passion; and, lastly, by excessive venery.

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Children who have been subject to it, frequently surmount it at puberty; but when it comes on later in life, it is more difficult of cure.—By frequent returns, the faculties of the mind are impaired, and the patient sometimes sinks into idiotism: At other times he becomes Paralytic, or is carried off by Apoplexy.

The complaint is not very common in the West-Indies, at least not in Jamaica; but I know not how it happens, that it should be prevalent in a particular district, affecting a great number of young females. It is in some persons periodical, but not regularly so; and whether the returns are owing to any influence of the heavenly bodies, or to causes within the system, is by no means clearly ascertained, though the former is commonly believed.—Habit has, in most cases, a great effect;† which it is of the utmost importance to break, by altering the whole mode of life, and by deceiving the patient as to the time of day, &c.

When the Disease depends on *Organical causes* acting within the Cranium, an exostosis, or protrusion of bone; tumours, &c. of the brain; it

* Epileptic Fits sometimes precede the eruption of Small-Pox, and other infectious Diseases; as also the paroxysms of ordinary Fevers.

† Nothing can illustrate more forcibly the effects of habit, than what is related of an idiot, who was in the custom of always numbering the hour of the day after the town clock; which happening to be out of order, ceased to strike; but the idiot continued, never heeding, to repeat the hour with the greatest punctuality. Many other facts, illustrative of the force of habit, not only on man but other animals, might be related: One remarkable one is quoted from *Herodotus*, of cattle employed in a mill for drawing water, stopping after they had performed their usual number of rotations. This fact, which might have been doubted by some incredulous people, is confirmed by observation in this country; the mules in the cane mills know well when their spell is out.

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it must be incurable, as these circumstances cannot be explored, till after the death of the patient — When caused by *Læſion*, or injuries of the head; *viz.* by wounds, fractures, or concussion, the cure must depend on the treatment proper in such cases.—If brought on by *voracity*, or over-eating, or any cause affecting the stomach, Emetics and Purgatives are the proper Remedies:—Give a Vomit of White Vitriol, or Tartar Emetic, as soon as the patient can swallow:—Administer a sharp purging Clyster, and afterwards give a dose of Jalap and Calomel; or an Infusion of Senna, with Tincture of Jalap.—Emetics and Laxatives are occasionally useful in all cases.—If *Worms* are suspected, Anthelmintics, or Vermifuges, must be given.—See WORM MEDICINES.

If Epileptic Fits have succeeded the drying up any eruption or sore, these must be recalled, or an issue inserted.

But when the Disease is *Idiopathic*, or original, depending not on any of the foregoing or other accidental causes, but on a particular state of the brain and moving powers, the case must turn on obviating that state; which appears to consist in a too great susceptibility to irritation, from slight impressions; or in a too great propensity in the muscles to contraction; which are thrown into action by an impulse independent of the will.*

The

* The Convulsions of Epilepsy and Tetanus have been always considered as involuntary, but *Darwin* thinks they are excited by the will, for removing or counteracting uneasy sensation.—If they do depend on the will, the mind is not conscious of any such effort: That these Convulsions may, after a long habit, be in some degree voluntary, there can be no doubt. There are persons who can, by giving way to certain impressions, bring them on at pleasure, and even where the fits are not feigned, the patient may sometimes, from the operation of shame, fear, and other motives, acquire some power over them, or be able to resist them.

The Medicines, therefore, here suitable are, Sedatives, Antispasmodics, and Tonics—that is, such as will allay irritation, relieve the spasms, and strengthen the system, so as to obviate that state which gives rise to the Disease. Of the great number of Medicines of this kind, highly celebrated, there are but few that are possessed of real efficacy; and to these I shall confine my attention.

If the person in an Epileptic Fit, or who falls down suddenly in violent Convulsions, and with a loss of his senses, foaming at the mouth, &c. should happen to be of a strong athletic habit, and very plethoric, Blood-letting, if it can be safely performed, is proper for restoring him.

The other means and precautions, during an Epileptic Fit, are, to prevent the patient from wounding his tongue, by inserting a piece of wood, or metal, such as a dollar, between the teeth; to keep open the hands; to counteract, by extension and compression of the limbs, the Convulsions, and prevent the accidents that might happen from their violence; to suppress them, by throwing on cold water; by the application of cold wet cloths to the pudenda; by strong frictions of the soles of the feet; by fatid Clysters, with Opium, see *No. 72*; by applying Volatiles and Sternutatories to the nose, and administering Cordials, Volatiles; *viz.* Brandy, Spirits of Hartshorn, Laudanum, Æther, &c. as soon as the patient can take them.—When the Convulsions subside, and the patient falls into easy sleep, he should not in that state be disturbed.

In cases where the patient has any presage or forewarning of the fit, it may be frequently prevented by a strong cordial; *viz.* a tea spoonful of Hartshorn, or *Eau de Luce*, in a glass of water or wine.—Twenty drops of Laudanum, in a little strong brandy and water.—A tea spoonful of Æther, or compound Tincture of Castor, in water.

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Where the fits recur daily about the same time, some of the above Medicines should be given a little before the period, or a large dose of Musk and Hartshorn.—Electricity is also of great use, in hindering the return of the fit, if employed in gentle shocks, for some time before it is expected.—The strictest attention to Regimen is required in this Disease: Every thing that disagrees with the stomach, or that causes acidity and flatulency, and every kind of excess, is to be avoided: Exercise, and occupation of mind, are requisite, within limits; but fatigue of either body or mind is pernicious; as also too great exaltation of spirits, from company. Whatever has a tendency to excite vertigo; *viz.* ascending heights; looking down precipices; crossing rivers; turning round in dancing,* &c. should also be carefully avoided.—Early going to bed is recommended, but not late sleeping; too much indulgence in sleeping, weakens the brain.

I have only now to speak of the Antispasmodic and Tonic Remedies, recommended for stopping the return of Epileptic Paroxysms. These are principally, Musk, No. 73—Asafoetida, No. 67—Castor—Bark and Chalybeates, No. 46—Vitriol of Copper—and Calx of Zinc, No. 74—to these some new Medicines have been lately added, seemingly of great efficacy, but which I believe have never yet been tried here; *viz.* Nitrate of Silver and Phosphorus—Electricity, and the Cold Bath, are likewise employed with the above remedies.

All

*. A return of Epilepsy may be caused likewise by the sight of others in the fit, or even by a forcible recollection of past fits; from the sight of objects that were then present.—*Sauvages* relates the case of a poor woman who, having been taken with an Epileptic Fit whilst at Church, could never enter the Church afterwards, without incurring a return; in consequence of which, she was obliged to attend and take the Sacrament without side the Church door.—A young lady, who had been thrown into Convulsions by the tickling of the soles of her feet, could not see others treated in this manner, without a return of Fits.

All these have proved occasionally useful, but more frequently inert : * If any preference be due to any of them, it is to the Calx of Zinc, and Vitriol of Copper (*Pilulæ à Cupro* of the Edinburgh Dispensatory); which, in large doses, continued for a proper length of time, frequently produce a mitigation of the symptoms, and in many instances a cure.

Nervous Diseases, depending on increased irritability, as Hysteria, Asthma, and Epilepsy, are much aggravated by a pléthoric or full habit : At the same time, therefore, that means are made use of, for increasing the tone, care should be taken to prevent fulcels; and for this purpose, Issues and Setons are advised; which, when introduced, are not to be dried up till the disorder is removed, unless debility coming on should require it.

The Antispasmodics and Tonics may be taken advantageously together; *e. g.* an Electuary of the Bark and Valerian, No. 44, or an Infusion of ditto, may be used, whilst the patient is taking the Zinc Pills, No. 52, or the Copper Pills; and these do not hinder the use of the shower bath. The juice of the roots of the *Zanthoxylon*, or Prickly Yellow Wood, has been found useful in Convulsive Complaints :† See account of *Indigenous Remedies* in the APPENDIX.

LOCKED JAW, TETANUS, OPISTHOTONOS, &c.

Of all the Diseases, in the long catalogue to which man is liable, this is perhaps one of the most horrible, though proceeding from the most trifling causes. The slightest wound, or puncture, in a tendinous part,

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part,

* See account of Dr. Home's Clinical Cases.

† See account of this by Dr. John Harris, in *London Medical Journal*.

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part, is sufficient to give occasion to the dreadful Spasms and Convulsions which constitute this disorder, called *Tetanus*, so well known as to require no description.—It is sometimes brought on by an exposure to cold, or to the sudden stoppage of perspiration; and, in that case, the complaint is not so irremediable.—Warm Bathing, Sudorifics, and Opium,* if timeously administered, will afford relief;—but when proceeding from the causes before mentioned; viz. punctures and wounds, particularly gun-shot wounds; wounds from glass, nails, thorns, or other substances penetrating the feet and hands, (accidents to which negroes in particular are much exposed),† the Disease is, in most cases, fatal; as likewise when it follows the amputation of limbs.‡ I will not say absolutely, that there are no instances of recovery, but I am sorry to say they are, indeed, very few.

The modes of treatment in Tetanus and Locked Jaw are principally four: The first is by Opium and the Warm Bath;§ which, in spontaneous cases, arising from cold or suppressed perspiration, will, as I before mentioned, frequently succeed, though not so certainly, where the symptoms are occasioned by wounds or other injuries.—The Opium is to be given either in pills, or in a liquid form; viz. Laudanum, in large and repeated doses, according to the effects it produces: Not less than from three to five grains of the former, or from fifty to one hundred drops of the latter, every hour or two; but if it produces no effect,|| in these doses,

* Tetanus from Cold, is more frequent in Carolina than in the West-Indies.—See Dr. Linn. Chalmers, *Medical Essays*.

† Tetanus has been also occasioned by worms eroding the intestines.—*Sauvages*.

‡ The Locked Jaw of children comes on within nine days after birth; when caused by accidents or operations, the symptoms take place at every period, from the second or third day till the fourth week.—*Blanc*, 480.

§ Dr. Warren recommends a milk bath. The patient may be rubbed with oil before going into the bath, or after coming out of it.

|| Dr. McTear Affick, to whom I am indebted for many valuable observations, as-
sures.

doses, it will be needless to urge it to the extent mentioned by some Authors.* At the same time put the patient into a warm bath, of one hundred degrees, twice in the day or oftener, in which he should remain for some time: After coming out of the bath, let his spine, or back-bone, be rubbed with Volatile Liniment, Camphor, and Laudanum—or with Oil of Amber and Olive-Oil—or with Oil of Turpentine. From five to ten drops of the Oil of Amber may likewise be given, several times in the day, in barley-water.

A tea spoonful of Æther, in water, may also be given, just at the coming on of the Spasms. The other Antispasmodics may be also employed, but they are of little use, except Musk, and that not much, unless of a good quality, and given in large doses, viz. half a drachm frequently.†

The second method (recommended by *Hippocrates*) is cold bathing, or dashing and pumping cold water on the patient. The success of this method seems to depend much on the point to which it is carried, ‡ though some Practitioners think it has been brought into discredit, from the indiscreet manner in which it has been employed.§

The next practice is that of Mercurial Frictions, or rubbing in Mercurial Ointment in considerable quantities, so as hastily to induce a

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slight

fever, that in the above-mentioned dose he has, in many cases, very happily succeeded.

* In the Medical Commentaries, there is a case mentioned, where the patient took in the space of seventeen days, 1500 grains; but Dr. *Moseley* says, he has seen a drachm of Opium given every three or four hours, without sleep being produced, or any mitigation of symptoms taking place.—*Moseley*, in *Tropical Diseases*.

† In the London Medical Observations is a case where Musk proved efficacious, after Opium had failed.

‡ See Dr. *Cochrane*, in the Edinburgh Medical Commentaries.—Also Dr. *Hright*, in the London Medical Transactions, Vol. IV.

§ See, *Tropical Diseases*, page 497.

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slight affection of the Salivary Glands: Lastly, the Bark and Wine, in considerable quantities,* have been recommended. Several of the above means may be combined: Mercury may be employed along with Opium and the Warm Bath—and Wine and Bark along with Mercurial Frictions. Bark and Laudanum may be also given, when the Cold Bath is used.† I have heard of some other modes of Treatment, as of giving Sugar of Lead, immersing or placing the patient up to the neck in hot fermenting horse-dung, &c. but I know not on what authority to recommend them. Electricity is also advised in some cases.‡

As to the subsidiary means for keeping open the bowels, &c. I think it unnecessary to say any thing. Common sense will teach in all cases the propriety of these. I shall therefore go on to shew, in what manner these dreadful symptoms, so difficult to remove, may be best prevented.

Where

* This practice, first recommended by Dr. *Russ*.—*Mr. Bride* recommends the Vitriols.—Dr. *Currie* relates the case of a man who, in the space of a few weeks, drank upwards of one hundred bottles of Port Wine, and thereby recovered. *Mem. London Med. Soc.*

† This was Dr. *Cochrane's* practice.

‡ “Dr. *Samuel Perry*, of New-Bedford, State of New-York, has communicated to the public, the successful result of two experiments in curing the Locked Jaw by means of Electricity. Previous to the application of the electrical fluid, recourse was had to Bleeding, Cathartics, Antispasmodics, the Warm Bath, and Opium, applied internally and externally, without the least effect on either case. But a small receiver being filled and discharged through the jaws of the person affected, they flew open instantaneously. In one case the complaint was entirely removed by three shocks; in the other, by an occasional shock for a few days. Both the patients were strong and healthy persons; the one a man, and the other a woman; and the mode of treating them had been similar.”

See also *Lane*, *Cavalie*, and *Latta*;—but the effects of Electricity are so uncertain, that although it should always be tried, we must not be sanguine in our expectations from it. Since Dr. *Perry's* account appeared in the News-Paper, it has been tried, in some cases, by Dr. *Henriques*, of this town, but not with success.

Where Locked Jaw and Tetanus are apprehended from wounds, pricks, &c. the first thing necessary is, the free dilatation of the wound, and the removal of all extraneous and irritating substances, whether broken glass, nails, splinters of wood, shot, &c.; after which, dress with Lint and Laudanum,* or Spirits of Turpentine, then apply a soft poultice, or keep the part, if possible, in warm oil, for an hour at a time. Afterwards, if a good digestion does not come on, the wound should be dressed with lint, warm Spirits of Turpentine, Tincture of Myrrh, the Balsams,† &c.; next, from twenty-five to fifty or more drops of Laudanum are to be given, every night, or twice in the day, according to the effects, which will be very different in different patients. The Bark with Wine may be at the same time taken, and two drachms of strong Mercurial Ointment rubbed in, once or twice in the day, for four or five days, if the mouth is not previously affected.—By these means, Locked Jaw and Tetanus may be frequently prevented from coming on, where they might be apprehended, from the causes above-mentioned, and from amputation and other surgical operations, to which it frequently succeeds.

As the patient continues sometimes many days in a state that renders him incapable of taking in food, nourishing broths and cordials should be given by Clysters; but should this be impracticable, from spasmodic stricture

* Some Practitioners will not admit that Laudanum, externally, has any good effect, but I am of a different opinion. It can certainly have, in this case, no bad one.—A singular instance is mentioned by Mr. Docker, of the good effects resulting from the external use of Opium. See *Medical and Physical Journal*, January 1800.—Lind found that Opium and Camphor, applied to the soles of the feet, had the effect of mitigating the spasms.

† Wounds, giving rise to Tetanus, are rarely attended with the degree of inflammation necessary to produce a good digestion.

CHAP. stricture of the Anus, and if there be no vacuity for introducing liquids
VIII. into the mouth, a tooth should be punched out.*

Where the bones of the fingers, toes, or joints, happen to be shattered, amputation is advisable, but if it be not performed immediately, or before the symptoms of Locked Jaw come on, it will be useless.

Of the Locked Jaw, and Jaw Fall, I shall speak hereafter, under the Diseases of Children.

HYSTERIA—HYSTERIC FITS.

This, though peculiarly, is not exclusively, a Disease of the Female Sex—Men are sometimes liable to it, or at least to a Disease very similar, attended with strangulation, from a ball seeming to stick in the throat—sudden and violent movements of the mind—laughing and crying alternately—and irregular convulsion of the limbs.

These are the principal or characteristic symptoms of the Disease in women; but it is so proteiform† a complaint, that to describe it in all its shapes, would require a volume.

As

* John Kearney, a young mulatto man, a Carpenter, employed in felling timbers, by a false stroke of the axe, cleft his left foot entirely through, which being tied up firmly with a handkerchief, the Hæmorrhagy stopped. It was afterwards dressed with Laudanum and Turlington's Balsam. Laudanum was administered in considerable and frequent doses. The Bark was also given, with Wine, occasionally, and Mercurial Ointment was rubbed in. Notwithstanding which, about the fifth day he was threatened with symptoms of Locked Jaw, viz. stiffness about the muscles of the neck, and difficulty of opening his mouth. Pails of cold water were several times thrown on him; after which he was put between blankets to sweat, and the alarming symptoms wore off in the course of a day.

† *Pauca sunt genera morborum, quos hic proteiformis affectus non mentiat—hinc tot morbi Hyserici.—Sauvages.*

As it is one that does not much prevail among the negroes, or even the white inhabitants of this island, I shall pay less attention to it. CHAP.
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In its causes, symptoms, and cure, it has an obvious relation to Epilepsy; but it differs from that Disease, in belonging more peculiarly to women, and proceeding from sexual circumstances, either menstrual obstruction on the one hand, or on the other, excessive menstrual discharges,* the Fluor Albus, &c.—besides, in Hysterical Fits, there is seldom an entire abolition of the internal or external senses; the person sees, hears, talks, raves, laughs, cries, and behaves extravagantly, falling at last into a slight swoon and Convulsions.

For the removal of the fit, the same means and remedies as were directed, *page 191*, for preventing the Epileptic attack, are proper.—Immediately on the coming on of the fit, or afterwards as soon as possible, give either twenty or thirty drops of Laudanum—or a tea spoonful of Æther—or a tea spoonful of Foetid Tincture—Compound Tincture of Castor, &c. in water—apply Volatiles, burnt Feathers, &c. to the Nostrils—put the patient's feet in warm water—exhibit a Clyster of Asafœtida, *No. 72*.—If the patient should be pregnant, let a roller or broad bandage be put round her abdomen, and drawn pretty tightly.

For

* Besides these, there are several other causes, natural or induced. Women are disposed to this Disease, by their constitutional temperament; *Varium et mutabile semper Femina*: But it is chiefly the distemper of capricious and fantastical women, and which it would be well for the sex to consider as a disgrace, for the shame would be often the cure.

Principium proximum Hysteriæ est senium philautia, seu amor effrænis vitæ et voluptatum, unde minimorum incommodorum intolerantia, exaggeratio, propositi infirmitas, summa sensibilitas, irritabilitas, Medici Mutatio, &c. &c.

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For the prevention of future returns, nearly the same remedies are to be employed as in Epilepsy, see page 192.

If the patient be young, very plethoric, and obstructed, Bleeding is proper, and afterwards a Cathartic, before using any of the Antispasmodic or Tonic Remedies prescribed.—Emetics are occasionally useful.

If the Catamenia are either retarded or obstructed, they must be solicited by the means recommended under obstructed Menfes, which see hereafter.

If the Menstrual flux is too copious and debilitating: See MENORRHAGIA, or overflowing of the Menfes.

For the Antispasmodic and Tonic Remedies in this complaint, see FORMS :—Aperient Pills, No. 37—Electuary of Bark and Steel, No. 46—Antihysterical Pills, No. 67—Electuary, No. 44—Zinc Pills, No. 74—Steel Pills, No. 47—Steel Powder, No. 48—Quassia Infusion, with Steel Wine, No. 40.—The Cold Shower Bath is, in most cases, to be considered as the best Tonic in this complaint.

The state of the patient's mind is to be attended to, and every means employed to break through the force of habit; hence a change of situation, a long journey, new acquaintance, new amusements, &c. are of consequence.

DYSPEPSIA—DEBILITY of STOMACH, with INDIGESTION, &c.

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There is not any English word of adequate signification for this Disease, although so common a one ; the reason of which perhaps is, that the symptoms are all such as occur very frequently in other complaints, and it has been seldom, therefore, looked on as an original or distinct disorder : but it is evident that the symptoms, which are principally, want of appetite,* indigestion, pain at the stomach, heart-burn, acidity, flatulency, and costiveness, are, with some persons, constitutional, and depending on an hereditary temperament, like the gout.

The causes of this Disease, besides an original temperament, are, a voluptuous, sedentary, or indolent life ; whence, it prevails principally amongst the opulent ; but a poor and crude diet will give rise to it, among the lower classes. It is also the Disease of the studious, particularly if, whilst they are devoted to reading and thought, they indulge at the table, and neglect exercise. The intemperate use of wine and ardent spirits, drinking largely of tea, and other warm liquids, and smoking tobacco, are charged with being more particularly the causes of bringing on that debility of stomach, which gives rise to the several symptoms in this complaint.

Digestion, as has been explained, is a process depending on the gastric liquor (*see page 7*) ; but the nature of this, or its fitness to answer the purpose it is destined for ; viz. that of assimilating the alimentary matters taken into the stomach, must depend on the state of the organ. —Where the muscular tone of the stomach is impaired, the function of
C c digestion.

* The appetite is not always impaired—sometimes there is an increased, or false appetite.

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digestion must be so likewise; the food taken in, instead of undergoing its usual change, for the purpose of nutrition, &c. will be subject to a fermentative one—from which acidity, flatulency, pain at the stomach, &c. may be easily accounted for.* This complaint of the stomach is not, of itself, a fatal one; but it is, nevertheless, one of which people seldom or ever obtain a perfect cure; because it is, in many instances, founded in constitutional causes, and because it requires so rigid an adherence to rules, as few people have resolution for.

Dyspeptic people are sometimes low-spirited and Hypochondriacal, but still there is a difference between this, and the Hypochondriacal Disease, properly so called; the latter belonging to a different temperament; *viz.* the Melancholic (*see page 14*); whilst Dyspepsia is more frequently the complaint of sanguineous people.

Of the Disease, as a Symptomatic one, depending on other diseases, or as occasioned by Tumours, Ulcers, &c. I shall say nothing here. The cure, in all such cases, must depend on the cure of the original complaint.

As Dyspepsia unquestionably depends on a debility, or on an imbecility of the stomach, considered as a muscular organ, the method of cure is obvious: The cause being removed, the effect will of course cease: Whatever then has contributed, by weakening the stomach, to bring on the

* A contrary state of the stomach to that which exists in this Disease, takes place in what is called *Bulimia*, or *Canine Appetite*.—Here the process of digestion goes on so rapidly, that the hunger is insatiable: Such is the increased activity, or solvent power of the gastric liquor, that all kinds of food, even raw flesh, &c. are quickly reduced. A most extraordinary case of this kind, or of a Raw Flesh Eater, has been lately inserted in the Public Papers, from the Medical and Physical Journal.

the complaint, must be avoided; and whatever is calculated to restore and augment the tone of the stomach, is to be had recourse to. On these principles, temperance, air, exercise,* gentle and continued, particularly on horseback, cold bath, and tonics, are to be recommended, as the chief things for affording effectual relief under this complaint. It is in vain for the patient to expect any benefit from Medicines, whilst he indulges in habits of voracity, ebriety, and inactivity; more particularly if he is, at the same time, a votary of Venus.

Whilst the plan above recommended is pursued, for strengthening the stomach and general habit, the particular symptoms of cardialgia, flatulency, costiveness, &c. are to be alleviated by suitable Medicines.

VOMITS are occasionally necessary, for evacuating the stomach of its crude and acid contents; but the frequent repetition of these, is a practice that will be found more hurtful than beneficial: A White Vitriol Vomit, No. 34, or the Blue Vitriol Vomit, No. 80, are preferable.

PURGATIVES—The same remark applies here as under Vomits.—For suitable Purgatives and Carminatives, or Expellers of Wind, see No. 37, 83, 84—Castor-Oil.—Tincture of Rhubarb—Sacred Elixir.

ABSORBENTS—Magnesia in Veal Broth—Prepared Chalk in Quassia Infusion—Infusion of Bark in Lime water—Natron Pills, No. 94, &c.

C c 2

The

* Mr. Townsend, in his Guide to Health, relates a very singular history of a sedentary studious young gentleman, who, together with his favourite dog constantly shut up with him, laboured under the same Disease. The master and dog were both cured by the same means; viz. by field exercise or sporting.

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The BITTERS and TONICS are Quassia Infusion, with Rhubarb, No. 40—ditto, with Chalybeate Wine, No. 58—Steel Pills and Powder, No. 47, 48—Electuary of Bark, No. 46.—Electuary, No. 90—Pills, No. 93—Angustura Bark, or Columbo Root, with Rhubarb and Magnesia, No. 91—Chalk, Rhubarb, and Rust of Steel, No. 92—Magnesia and Rhubarb—Elixir of Vitriol in Bitter Infusion—Tar Water—Alkaline Mephitic Water, No. 195.

PAIN in the STOMACH, HEART-BURN, &c.

Pain in the Stomach, arising from indigestion, acidity, flatulency, &c. is to be relieved by the means recommended under Dyspepsia, (page 203), but a chronical and distressing pain at the pit of the stomach, may arise from other causes than those above-mentioned, which are sometimes very obscure or difficult to be ascertained. These are tumours, excoriation or ulceration of the Stomach, inversion of the Cartilago ensiformis, *i. e.* the turning inwards of the lower part of the breast-bone on the Stomach; but a more frequent cause than any, perhaps, is some obstruction or Disease of the Gall-Ducts.* The existence of one or other of these causes must be guessed at, from the effect of hot or acrid liquors swallowed,—from local inspection and examination with the fingers, pressing in different directions. The nature of the Disease being known, the cure of it may be still difficult. Where exulceration is suspected, none but the most bland aliments and liquids ought to be or can be taken. A milk regimen, with the occasional use of gentle Tonics,

* A person (a patient of Dr. Brock's, in this town), who had long laboured under a constant fixed pain at the Pit of the Stomach, was found, after death, to have the Gall Bladder full of stones. In another instance of this kind, the obstruction was not attended with any jaundice.

tics, as Chamomile Tea, Columbo or Quassia Infusion, must be the means principally advisable.

There is a Disease of this kind, called *Pyrosis*, or Heart-Burn; but it differs from *Cardialgia*, or the common Heart-Burn. It is known in Scotland, and some parts of England, by the name of *Water-Braff*. The Disease prevails amongst the poorer sort of people, and is therefore thought to be occasioned by crude diet. It consists in a painful burning sensation, at the upper orifice of the Stomach, and extending along the oesophagus, or gullet, accompanied with a copious efflux of limpid, tasteless, or sometimes acid liquor, without the action of vomiting. It recurs sometimes by fits* coming on periodically, at a certain time of the day. I have never met with an instance of this complaint in Jamaica, but it may probably sometimes happen. The cure consists in the use of such remedies as are recommended under *Dyspepsia*, (page 203). When periodical, it may be prevented, or mitigated, by Laudanum—Spirits of Hartshorn—Æther—Musk Bolus, No. 71—a Dram of Gin or Brandy.

HYPPOCHONDRIASIS, or the HYPPOCHONDRIAC DISEASE.

This Disease is frequently confounded either with the foregoing one, *Dyspepsia*, or with *Melancholy*, to both of which it has an intimate resemblance. It is attended with indigestion, flatulency, &c. as likewise with dejection of spirits and despondence; but it differs from the former Disease in this circumstance, that it belongs, as was before observed,

* The Author knew a case of this kind: The fit came on every day about two hours after dinner, and was evidently Spasmodic; The patient had consulted Dr. Fothergill, and two or three other Physicians, but without getting any relief: Laudanum and Spirits of Hartshorn mitigated the symptoms: The Disease continued for two or three years; after which he regained perfect health.

CHAP. served, not to the sanguine but to the melancholic temperament, (*see*
 VIII. *page 14*) and arises not from debility, but torpor or insensibility. The
 shades between the Hypochondriacal affection and Melancholy, are some-
 times very slight; but Melancholy is more purely a mental affection,
 unattended with Dyspeptic symptoms, or only in a slighter degree, ex-
 cept costiveness.

As it is one of the happinesses of the inhabitants of tropical climates, to be seldom liable to Hypochondriacism, and Melancholy,* I shall dismiss this subject, with one or two remarks only, respecting the cure of the former. The Hypochondriac affection depending more on torpor of the system than debility, Vomits and Purges are of more importance; for exciting the action of the stomach and intestines, and clearing them of a redundancy of viscid Mucus.—These may be more frequently repeated than in Dyspepsia: Blue Vitriol Vomit, *No. 80*—Purging Pills, *No. 37*—Rhubarb Pills, *No. 83*—Rhubarb and Soluble Tartar, *No. 84*—Aloetic Pills, *No. 93*.

All the other Remedies recommended in Dyspepsia, are usually administered for the relief of the symptoms in Hypochondriasis; *viz.* the Stomachics, *viz.*—Bitter Infusion, with Rhubarb, *No. 40*—Angustura Bark, *No. 91*—Electuary, *No. 90*—Tonics, *viz.*—Steel Pills and Powder, *No. 47, 48*—Electuary of Bark, *No. 46*—Bitter Infusion and Steel, *No. 58*.—But exercise and amusement are of more importance than any thing besides: The patient should be engaged in some active occupation, requiring perseverance and attention—clearing
 and

* Although, as I have said, Hypochondriacism is not a common complaint in the West-Indies, I have, nevertheless, met with some instances of it, and where it has arisen to a very great pitch.—Melancholy and Mania being likewise rare Diseases in this climate, I have omitted saying any thing of them.

and settling a property, &c.—Planting, gardening, and building, being the general pursuits of people in the country, is perhaps one principal reason why they are less liable to the Hypochondriacal malady, than the more luxurious and indolent inhabitants of the town.—Hypochondriacs should cultivate music, and the game of chess, &c.—pursue the sports of the field, where they are to be had.—They should live much in the society of women, and make themselves husbands and fathers.—The Hypochondriacal Disease is often the natural and just punishment of a sordid and selfish passion, that leads men to seek only their own individual gratification.

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CHAPTER IX.

On CUTANEOUS and ULCEROUS COMPLAINTS.

On the LUES VENEREA.

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WHETHER the Lues Venerea be a native of this quarter of the globe—whether this and the Gonorrhœa be only species of the same—or whether they be distinct Diseases, are inquiries not suited to this place. There are so many works on this subject, that I shall confine my observations to what is peculiar to the Disease, or to their practice, in tropical climates.

The Disease being generally milder than in Europe, it is more liable to be mistaken; and, being more easily cured, a perfect cure, however paradoxical it may seem, is less frequently obtained. The symptoms are often so slight or equivocal, and coming on without any previous local complaint,* the Disease is not suspected till it has made considerable progress. Ulcers of the Tonsils, the principal distinguishing symptom in Europe, are less common in warm climates; whilst the bones, the pains of which are deemed Rheumatic, are particularly affected. Among negroes, who are principally the subjects of it, the Disease is sometimes

* This will be disputed by some persons, but I am confident that Lues is sometimes contracted, without previous Chancre or Gonorrhœa.

Sometimes latent for a long time before it is discovered ; and, when inveterate, is frequently incurable. The Disease being mild, they linger under it sometimes to old age, having families of children, to whom they communicate the taint. What is peculiar in the hereditary Lues, thus derived by negro children from their parents, is, that it does not always shew itself in infancy ; or, if it does, it disappears and returns again about puberty. Both girls and boys, about the age of ten or twelve, before they can be possibly suspected of having got the Disease by sexual intercourse, are affected with pains and swellings of their bones, the bridge of their nose falls in, the tonsils are affected, palate lost, &c. The Disease, in spite of all remedies, continues, but makes slow advances ; proving, however, at length mortal. I have known whole families carried off in this manner, in succession, on their arrival at a certain time of life.

What renders the cure of the Lues more difficult among negroes is, the impossibility (without absolute confinement) of preventing them from irregularities, and exposing themselves to cold.

Having premised these remarks, I shall now lay down what I think is the most approved and best method of treatment ; beginning with Gonorrhœa, which is here supposed, according to the generally received opinion, a species of the Venereal Disease,* where the peculiar symptoms are owing to the structure of the part affected ; viz. the membranous secreting surface of the Urethra.

Gonorrhœa—or a discharge of puriform matter† from the urethra, with heat of urine, is the effect of inflammation, caused by an infection

D d

received

* This opinion, however, of Gonorrhœa and Lues arising from the same cause, is made very doubtful.—See *Bell on Lues Ven.*

† Though the discharge is of a puriform or purulent nature, we are not thence to conclude, that it proceeds from ulceration. Dissection shews that this is not the case ; the matter is secreted, as in other cases.

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received in impure coition. A similar discharge may, indeed, be brought on by other causes*, but of that we need not take notice here.

The complaint, though in common less severe than in a colder climate, is not more easy of cure; the discharge, or gleet, remaining a length of time after the inflammation; frequently bringing the Surgeon's abilities into discredit—particularly in the cases of negroes, with whom the symptoms, in general, run much higher, and are of a peculiar nature:—In them, the Disease is not confined to its ordinary seat, within an inch or two of the glans; but, in very many cases, almost from the beginning, extends along the whole course of the urethra to the prostate, producing bloody discharges, instead of the usual puriform one. This has been attributed to some misconduct and mal-practices among negroes, but I am inclined to believe, from its frequency, that it is owing to some constitutional circumstance.

By cleanliness, rest, and abstinence, the Disease may be cured without much assistance from Medicine†; but the situation of people will seldom allow them to undergo the confinement necessary for this:—Medicine, therefore, is requisite, and will surely, in all cases, accelerate the cure, if it be not absolutely necessary to it. As I would not advise people to be their own doctors in these cases, when they can conveniently have the advice of experienced and skilful men of the profession, I shall be very brief in my directions as to the cure.‡

The

* It is of great importance to advert to this, in order to obviate unfounded suspicion, and to prevent family uneasiness. A man may unquestionably have every symptom of Gonorrhoea, without infection:—See *Swediaurum*, page 41; who gives some singular histories in proof; and I have known many cases of the kind.

† *John Hun cr.*

‡ A new mode of cure, which to many may appear extraordinary; has been lately recommended.

The first thing is cleanliness; for which purpose, the parts are to be frequently washed, either with milk and water, or weak Goulard's Water—plenty of lint, tow, &c. should be applied, for absorption of the discharged matter.—A suspensory truss is to be worn, to prevent inflammation of the testicles.—Exercise of every kind should be, as much as possible, avoided; particularly riding on horseback. The living to be spare—consisting of little or no animal food, no salt nor spice, no wine, malt liquor, nor spirits, unless in the most dilute state. These rules are more especially necessary to the young and plethoric; in weakly people, they may be carried too far. In the commencement, and when the heat of urine is considerable, mild Lixatives should be taken, such as No. 2, 3, 6.—Demulcent liquors, such as Barley-water, Linseed, and Ochro Tea, &c. should be drank in large quantities; and, in cases of feverishness, the Cooling Powders, No. 7, 8, 9.*

Injections are of great use, or do great mischief, as they are timed or managed—if such as are gently astringent are given in the first stage, or before much inflammation is come on, they moderate the Disease, and shorten it. See Injections, No. 101, 102, 103.—Spirituus Injection, in the proportion of one part of Alcohol, or Spirits of Wine, to eight parts of water, if used within the two or three first days, will, in nine cases out of ten, make a cure.†—Previous to their use, the matter ought always to be pressed out of the urethra; and, to prevent their being thrown up too high, the penis should be grasped in the middle, whilst the injection is thrown from the syringe.

D d 2

When

recommended by Mr. *Addington*. Dissolve three grains of Corrosive Sublimate in an ounce of Ardent Spirits. One half of this is to be taken at bed-time, for two nights, and then the following morning a dose of Salts. This practice repeated once or twice, at short intervals, completely removes the symptoms.—See *Medic. Comment.* 1799.

* The Neutral Salts; viz. Nitre, &c. usually given, have a tendency to increase the heat of urine, and are therefore proper only in cases of fever.

† See *Med. Comm.* 1788

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When there are symptoms of violent inflammation, Injections of every kind are improper, except the oily and mucilaginous ones. See No. 103.

When the ardent symptoms are abated, Injections of greater strength may be used, to prevent the Disease from degenerating into gleet;—and they should be used frequently (not less than six times in the day), to derive any good from them. See No. 104, 105, 106.

At the same time, Tonics and Astringents are to be used internally; viz. the Infusion of Bark, Quassia, &c. with Chalybeates, &c. See No. 46, 47, 58, 61—Tincture of Kino—Bark—Bitters—also the Balsams; viz. Balsam Capivi, Balsam of Canada, Venice Turpentine, &c. See No. 107, 108. See COUNTRY REMEDIES, in Appendix.

The consequence of Gonorrhoea is a diseased state of the urethra, causing strictures, &c. which will be afterwards treated of.—Gonorrhoea, in certain constitutions, is likewise followed by symptoms of great irritability, and deranged sensation:—Remedy, Cold Bath.

Inflammation of the Testicles.—Should the running suddenly cease, and Chordee and Inflammation of the Testicles come on, two very painful symptoms, recourse is to be immediately had either to warm Fomentations and Cataplasms, or to cold astringent ones, No. 113; 114—Aether,* sometimes the former, sometimes the latter, succeeds best; but the most effectual relief is to be expected from Bleeding, and the exhibition of a
brisk

* A wet bladder may be put over the part; which may be, from time to time, moistened with Aether.

Brisk Vomit, and afterwards an Opiate, either in a Pill or by Clyster.* Under these circumstances, it is of great consequence for the patient to keep himself constantly on his back.

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Buboes—or Swellings of the Glands in the Groin, are occasioned commonly by the Venereal Poison absorbed from a Chancre, or little Ulcer; but they come on sometimes in Gonorrhœa, without any sore, and are merely symptomatic;—but, from whatever cause they arise, they are, by every possible means, to be repelled: Buboes, when only symptomatic, disappear with the complaints that occasion them; but, to assist in putting them back, either cold or warm poultices, No. 114, may be applied, or else an Adhesive Plaster: Gentle Electric Shocks are very serviceable for this purpose.—When the patient has Chancres, as well as Gonorrhœa, the Buboes may be justly suspected to arise from the Venereal matter absorbed; and in this case, in addition to the aforementioned remedies, there is a necessity for Mercury: A drachm or two of Mercurial Ointment should be daily rubbed into the inside of the leg and thigh of the affected side, or on both sides, if there are Buboes in both Groins. This is to be continued till the mouth is sore, and occasionally repeated afterwards, not only till the swellings disappear, but till the Chancres are healed. It will be prudent even to keep up the soreness of the mouth, by slight frictions, for a few days, or a week, after all the symptoms are gone off, to prevent their recurrence, or to obviate future Disease, from the Virus being left in the habit. During this course, an Opiate at night is of great service. If, notwithstanding the use of the foregoing means, the inflammation should be very considerable, and suppuration unavoidable, this should be accelerated by emollient poultices, and the Tumour opened by the lancet,

* It has been recommended, for the purpose of renewing the discharge, to communicate fresh infection; but the practice, however sanctioned on the authority of a great name, I think absurd, if not hazardous.

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set, as soon as arrived at the proper point of maturation. The subsequent treatment of the exulcerated Bubo must vary according to its appearance, or to the state it puts on; which is sometimes, and particularly in this climate, truly formidable;* becoming phagedenic, and spreading over the whole Abdomen, forming fistules, &c. In this case, Mercury generally aggravates the symptoms, and should be discontinued. Opium is the Medicine of the greatest moment.

Chancres.—Many persons are liable to Pimples and Excoriations, that may be mistaken for Chancres; but they are not only distinguishable, by their not having a callous and inflamed edge, but they are curable in a very short time, by only washing them with milk and water, and dressing with a little Goulard's Cerate. But people, however, should be very cautious of mistaking a Chancre for a common Pimple, for whenever real Chancre occur, the patient is to consider himself in the situation of one actually p****d, and ought not to trust to any thing for an effectual cure, but such a course of Mercury as is recommended under Venereal Bubo, (page 213) or under confirmed Lues.—It is of advantage to cure the Chancres as soon as possible; and it is, therefore, the practice with many, to destroy them with Lunar Caustic; but I would not recommend this, where a Surgeon is not employed—the milder Escharotics are safer, and will prove sufficient, with the use of Mercury internally, or by frictions.—Let the Chancres then, after washing them clean, be touched, twice in the day, with the Corrosive Sublimate Solution, No. 115; and then dressed with the Precipitate Ointment, No 116; or Red Precipitate, powdered very finely, may be sprinkled on the Chancre. In proportion as the Chancre heals, the quantity of
Precipitate

* The many dreadful cases of exulcerated Bubo I have seen, induces me seriously to recommend the repulsion of Bubo, whenever it is possible.

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Precipitate may be lessened, by mixing common Cerate with the above Ointment, or the common Mercurizd Ointment may be used.

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IX

When this Treatment does not succeed in cleansing the Ulcers, and disposing them to heal, Fumigations of Cinnabar should be employed.*

If there be great Inflammation, threatening Mortification and Gangrene, all the above applications must be omitted; instead of which, warm Fomentations and Saturnine Poultices, *No.* 114.—If the patient be plethoric, he should be Bled, Purged, &c. and then take Opiates in considerable doses.

If Mortification takes place, as sometimes happens, there is danger from Hæmorrhagy; to prevent which, a leaden probe is to be introduced into the urethra, and a fillet put round the penis, should be drawn sufficiently tight upon it.—In the last mentioned case, Mercurials are to be desisted from; the only relief being found in Bark and Opium.

Phymosis and Paraphymosis.—Phymosis and Paraphymosis are, 1st. Where the prepuce cannot be drawn back from the glans. 2^d. Where it cannot be drawn forward over the glans.—They are occasioned by Inflammation and Swellings from Chancres, and when they cannot be relieved by Cold Saturnine Lotions and Poultices, such as *No.* 113, 114, by Injection in Phymosis—or, by Mercurial Fumigations—there is a necessity for the knife, to prevent the Glands being either eroded through in Phymosis, or Mortified in Paraphymosis.

Chordee

* The mode of doing this is, by throwing some of the Powder of Cinnabar on some half-live coals, and directing the vapours, by an inverted funnel, to the part affected; or placing a hot brick at the bottom of the vessel in a night chair, and throwing on the Cinnabar, to sit over the steams with the diseased parts exposed to them.

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Gonorrhea, Priapism, &c.—These are to be treated nearly in the same manner as Phymosis, &c. viz. with Cold Saturnine Lotions and Poul-tices, No. 113, 114—Pledgets of Camphorated Laudanum may be wrapped round the penis, or Camphorated Oil may be rubbed frequently on the part.—Laudanum, at the same time, should be given internally, and Clyster, No. 33.—In severe cases, Blood-letting may be necessary.

Warts and Excreescences.—These are no signs of infection in the habit, and are of little consequence, unless by neglect they increase in size.—They may be removed by excision with the knife or scissors, by Caustic, by a ligature of silk or hair, or by inflammation excited by any acrid Lotion or Powder; they may be touched with Crude Ammoniac, or sprinkled with Savin Powder, Cantharides, Cayenne Pepper, &c.

Confirmed Lues, or Pox.—The consequence of the foregoing complaints being neglected, or ill-treated, is a confirmed Lues. The matter being carried by the lymphatics into the mass of blood, the whole habit becomes tainted. The first symptoms by which the Disease generally discovers itself, are Sore-Throat, or Ulcers of the Tonsils, and blotches of the skin; to these succeed pains of the limbs, ulcers, with caries of the bones, particularly of the nose.

The limits prescribed to this Work will not allow of a detail of the endless train of symptoms in this Proteiform Disease, which lies masked under the appearance of many other complaints: Nor can I consider at length the several modes of cure proposed. I must, however, enter a protest to the *Alterative Plan*; which consists in giving Keyser's Pills, or any other mild Mercurial preparation, so as not to affect the mouth, and allowing the patient to go about his affairs without any confine-

ment.

ment.—That it may often succeed, I will not dispute, but I think it is never to be trusted to; the symptoms not unfrequently return at a greater or less distance of time, and are much more difficult of cure.—It is in vain to expect a real and permanent cure, from any thing but from such a course of Mercury, as that where the habit is kept fully charged with it for a greater or less length of time, according to the nature of the symptoms, and the previous duration of the Disease. It should be slowly introduced at first, so as not to raise a salivation too hastily; afterwards urged to the point of salivation, and persisted in for the due length of time, *viz.* from three weeks to two months:—Various preparations of Mercury are employed, which are severally to be preferred, according to circumstances.—One preparation will succeed better in one case and constitution—another in another;—but the Mercurial Ointment rubbed in, as directed in *page 213*, is, in general, preferable to any of the preparations for internal use.

Before commencing the frictions, the patient should be put into a hot-bath;—which may be occasionally used afterwards. His diet should be light, though nourishing; and he should put on a flannel waistcoat and drawers, and worsted or thick cotton stockings, which he is not to change during the cure.—One drachm of Mercurial Ointment may be rubbed, alternately, into each leg and thigh, for three or four nights; if there are no symptoms of the mouth being affected, the quantity may be increased; and, when salivation commences, again diminished, or occasionally omitted; then repeated, and persisted in, according to circumstances, till the symptoms disappear, and the cure is effected.

It is better for the patient to rub in the Mercury with his own hands, if he is able; but as a considerable degree of friction is required to promote the absorption of Mercury, an assistant is commonly requisite;

Especially

who,

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who, to prevent the effects of the Mercury on himself, is to guard his hand with a bladder or glove.—The place of friction should be changed; and, when incruusted with the matter of former rubbings, cleaned with soap and water.

The cure by friction is dirty and troublesome, but it has many advantages, where it can be employed; particularly in not being liable to derange the stomach and bowels; but there are many persons whose skins are so tender and irritable, as not to bear frictions, particularly if the Ointment is prepared with the aid of Spirits of Turpentine, which is commonly the case.—Where, therefore, this is the case, or the patient has an aversion to the Ointment, I would recommend the Blue Pills of the Edinburgh Dispensatory, *No.* 109, as the best general remedy: One of these may be taken three times in the day, for some days; when, if the mouth be not affected, increase the dose, taking two at night. Persist, with the same cautions given *page* 217, in the use of the Ointment, *i. e.* increasing or diminishing the dose, so as always to keep up a beginning salivation,* and then stop. Should the bowels be griped, or a looseness come on, a pill of Opium, or a few drops of Laudanum, may be requisite at night, along with the Mercury Pill.—To prevent these symptoms, the patient should also drink plentifully of demulcent liquor, as Barley-water, Ochro tea, &c.—It is usual to give Sarsaparilla, or Decoction of Lignumvitæ, during a Mercurial course:—How far they may contribute to the cure (which, in certain cases, they undoubtedly do) I will not say; but they can never be improper. See FORMS, *No.* 110, 111.—See COUNTRY REMEDIES in Appendix.

Of

* To restrain this, the patient should keep his jaws in flannel; and when it is excessive, should use, frequently, gargle of Alum, Sage-tea, and Honey, or the Borax Gargle, *No.* 117.

Of the saline preparations of Mercury, Calomel, Corrosive Sublimate, &c. I shall not say any thing, though they are severally entitled to preference, under particular circumstances.

Many other remedies have been recommended for the cure of the Venereal Disease, besides Mercury; but, as none of them have stood the test of experience, I do not think it worth while to mention any of them, except the Nitric Acid, which appears to have been, in many cases, efficacious, and may be beneficially employed, either with or without Mercury; and, in cases where Mercury appears either to have lost its effect, or cannot be administered.*

For the COUNTRY REMEDIES, in different cases of Lues Venerea, see Appendix.

Of the Lues Venerea, as affecting women and children.—The Gonorrhœa in women is, for the most part, attended with less heat of urine, and is difficultly distinguished from weakness, called Fluor Albus.—A woman may have all the symptoms of Gonorrhœa, without being really infected; whilst it sometimes happens, that without any apparent symptoms of distemper, she may be capable of giving infection to those connected with her. Of this, however extraordinary it may seem, there are,

E e 2

among

* The most satisfactory account of the use of the Nitric Acid is by Mr. Blair, who says, that, 1. Dyspeptic and Consumptive people get strength by it, if they are not hectic:—2. It is useful in Chronic, Phagedenic, irritable ulcers, where there is no Lues:—3. In chronic pains, and tumours in the bones, ligaments, &c. arising from the mal administration of Mercury:—4. The Oxygenated Lard is useful in Herpes, and some cutaneous affections:—5. Most of the local inconveniencies arising from the use of Mercury, as salivation, ulcers of the mouth, &c. are removed by the Acids:—6. The Nitric and Nitrous Acids are both equally efficacious.—The above report of the effects of the Nitric Acid, &c. is confirmed by a still later Writer, Mr. Pearson: See his Treatise, published this present year, 1800.

CHAP. among negro women, many and indubitable instances.—The same treatment is required in the Gonorrhœa of women, as in men : See page 211.
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Mercury must be cautiously given to women under menstruation and pregnancy. In the latter case, the cure must be altogether postponed, till after delivery ; or only small doses of the milder preparations given.

The preparations of Mercury best suited to the constitutions of delicate women, consumptive persons, and children, are Plenck's Solution, No. 98, and Keyser's Pills. —Children born with symptoms of the Disease, should be nursed by the mother, and they should undergo a course of Mercury together.—The opinion that a child may be effectually cured, by sucking the milk of a woman taking Mercury, is erroneous.*

Of the Regimen, after cure.—Persons having undergone a Mercurial course, should return with caution to their ordinary habits of living : Should take great care not to catch cold :—The most obstinate rheumatisms are occasioned by cold, caught after using Mercury, and which nothing but a Mercurial course over again will remove :—The use of the Warm Bath first,—afterwards Cold Bath, and other Tonics, are requisite to the restoration of perfect health.

On

* It is not only doubtful, whether children can be cured this way, but it is not certain that either the Lues Venerea or Yaws can be communicated *merely by the milk*, independent of inoculation, from ulcers. At least, I have known white children, suckled for some time by Yawy Negroes, who never had the disease.

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On the YAWS.

A description of this Disease must be quite superfluous; but, as the safety of families may be much endangered by its being concealed, or breaking out among their domestic negroes, it is of great consequence to know how to distinguish it in its first commencement.*

The Yaws seldom make their appearance without some previous indisposition: The person feels pains in his bones—is languid and listless—his skin, which is generally dry, changes its colour, and has various spots, for some time previous to the eruption of the pustules, which are of so peculiar an appearance as hardly to be mistaken: When, therefore, a negro, after having laboured for some time under the preceding symptoms, has one or more white lardaceous Pustules,† particularly if about the Anus or Genitals, he may be justly suspected; and according to the Jewish Law, respecting Lepers, should be put apart by himself, till further appearances either confirm or remove the suspicion.

The Yaws is a Disease endemial to Africa; and negroes, independent of the circumstance of their being more exposed to it from contact with others, seem to have a disposition to receive it more readily than white

* Wet nurses, to prevent their being discharged, will sometimes endeavour to hide the complaint as long as they can: I have known several instances of this, and where the parents have been in a state of distraction, on account of their children; but I never yet knew an instance of a child being infected from the milk, *see page 220.*—There is certainly, however, the most imminent danger of the child being infected, when once Pustules break out on the nurse.

† Sometimes the Yaws begin, not in this manner, but with a common ulcer, which has probably been inoculated by a fly.

CHAP. IX. white people,* who, though they are susceptible of it, have generally a much milder Disease.†

The Disease depends on a morbid matter; which, to produce its effects, must be some way or other *inoculated*;‡ but an abrasion of the cuticle or wound does not seem absolutely necessary; the matter applied to the surface is sufficient. It has been compared to the Small-Pox, and the other Exanthematous Diseases,§ the contagion of which is communicated, like the Yaws, by a purulent matter; but there seems to be little analogy between them; for, 1st. The Small-Pox, and the Exanthemata, are communicated through the medium of the air, as well as by inoculation. 2^{dly}. Small-Pox, &c. are preceded by fever, which is not the case in Yaws. 3^{dly}. The Small-Pox, &c. have a determined course, of only a few days; while the Yaws may, by different modes of treatment, be protracted or cut short. The resemblance, then, appears fanciful, and leads to no practice.

The Disease exists in several different shapes, or puts on different appearances, and is therefore distinguished into three or four kinds,|| besides the ordinary one; viz. the *Confluent Yaws*, the *Ringworm Yaws*, the *Guinea Corn Yaws*; but as the cure in the several species does not vary, it is of no use to pay particular attention to them. There is generally

* Hillary seems to be of this opinion.

† I have known several white people get well, in a short time, from drinking and bathing in the *Bath Waters*.

‡ *Contagiosus est hic morbus, quippe si eodem lecto utatur sanus et picnista, maxime scortum fiat, serpit hæc virulentia ad sanum. Tamen accidit, ut aliquando salvus vel intactus evadat.*

§ See *Thesis de Frambæsia*; Auctore, J. A. Ludford, Edinburg, 1799.

|| The *Frambæsia Guineensis*, and the *Frambæsia Americana* of *Vigile*, as well as the *Frambæsia* of *Labar*, are only varieties of the same Disease, similar to the above.

nerally one pustule larger than the rest, called the *Master* or *Mamma* Yaw, and the soles of the feet are affected with what is called the *Grab-Yavos*, which I need not describe. When the Disease is neglected or ill-treated, it is the occasion of Bone-Ache, Dropsy, &c.

CURE.—I shall avoid saying any thing here, of the neglect and mal-practice too frequent in this Disease; but point out the method most conducive to a safe and speedy cure, which consists, *1st*, in supporting the powers of the constitution; and, *2^{dly}*, in favouring the elimination or exit of the morbid matter by the skin.

The patient is, therefore, to be allowed a nourishing, but at the same time bland diet; not salted or putrid animal food, but plenty of whole-some farinaceous and other vegetable food, with good soups of fresh meat, daily.—Exercise, contrary to the opinion of some,* or moderate labour, will also be found conducive, as it is a means of supporting general health. The Bark, I understand, has been lately brought into use, and with great advantage.

The next most important thing in the cure of Yaws is, the daily use of the *Warm Bath*. Nothing so much accelerates the cure as this;† and, where this is duly attended to, it is a question whether Medicines, internally given, are of much use. On the same principle that the warm bath is requisite, warm clothing, and a warm dwelling, as also cleanliness, are indispensable. By these means, either alone, or with the assistance of proper Medicines, the Disease, which, if left to itself, or
treated

* See Hunter, on *Diseases of Jamaica*.

† A negro at Grenada is said to have been very successful in curing the Yaws, by placing the patient in a cask, with a pan of burning coals, and thus sweating him, twice in the day.

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treated in the ordinary way, viz. by washing in the cold water of rivers or the sea, would continue for one, two, or more years, and leave behind relics as bad as the Disease itself, may be completely cured in the space of a few weeks.

Previous to my saying any thing of the use of Medicine in Yaws, I must mention a circumstance which, if true, is of very great importance, as it promises an easy method of curtailing the Disease, and preventing the usual bad consequences which follow it: "During the universal prevalence of the Small-Pox in this island in the year 1784. (says *Dr. Nembhard*), it was remarked, that several negroes afflicted with the Yaws, who had the Yawy Pustules upon the surface of the body, and had been a considerable time under all the afflicting circumstances of the Disease, were inoculated promiscuously among many other negroes; the result was, that upon the decline of the Small-Pox, and drying away of the Pustules, the Yaws also gradually disappeared, as if both might be considered in the light of one congenial disease. The negroes were radically cured of both disorders, not one of them having been, from that time to this, subject to a return of either, so far as I can learn, or any relics of the Yaws."

I need not comment on this, or point out to Planters, or the Faculty, the advantages to be made of such a fact, when fully ascertained as a general one. It would be a discovery little short of that of preventing the Small-Pox by the Cow-Pox.

I have before insinuated a doubt, whether any benefit is to be derived from Medical Treatment, unless locally. That Mercury is productive of more mischief than good, when given early in the Disease, is universally acknowledged, and whether it is ever necessary may be questioned;
but,

but if it be employed in any way,* the patient should be previously made to take Sulphur, and to use the warm bath for some time, to open the skin, and throw out the Disease. See FORMS, No. 120, a, No. 120, b.

It was formerly the practice to keep the patient for some time under a salivation;† but I believe this is never done at present. It is only thought necessary to administer it as an alterative, along with sudorifics. For the various compositions recommended, see FORMS, No. 120, c, d, e.

I leave it to persons to make their own election; but, which ever Medicine is adopted, or made use of, it should be with these cautions; viz. of keeping up the action of the Mercury on the skin by the warm bath, and by the Sudorific Decoctions, No. 110, 111, 112—or the cool Diet Drink, No. 120, f, g.

The course is to be persisted in as in Lues Venerea, till all the symp-

ptoms

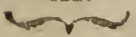
* See *Medical Essays*, Vol. VI.

Dr. *McVicar Apleck*, a gentleman for many years engaged in a very extensive practice, among other valuable observations he has favoured the Author with, says, that he never knew the treatment of the Yaws by Corrosive Sublimate, Sarsaparilla, &c. successful; the Disease always returns after some months, and terminates frequently in Dropsy.

Mr. *Long* observes, that after many trials, the most successful method is to feed the patient high, and to let the Disease take its course, giving only Sulphur to throw it out.

Mr. *Edwards* too (whose fine talents are now lost to the world,) in his instructive and elegant History of the West-Indies, is of the same opinion; “I ver much doubt, (says he) if Medicine of any kind be of use in this Disease.” Vol. II. Chap. V.

† *De Virgile, adhibitis cœlestibus balneis, dein vero decem panna Mercurialis unctis et ultra duos menses in Hydragryph detentis, agri paucis sanitatem restituit.*—*Sæuæg* 5—See also *Medical Essays*.—Hilary salivated, by giving 5 or 6 grains of Calomel, twice in the day.

C H A P. IX.  toms disappear, and even for some time longer, even till the *Master Yaw* is healed.

No topical applications are to be made use of, till the disease appears to be at its height ; that is, till after the Yaws cease to come out. The Yaws are then to be daily dressed with milder or stronger Escharotics, No. 121, *a, b, c, d*, till they are reduced to an even surface with the skin, and then cicatrized with the Precipitate Cerate, No. 116, *d*.

For the Bone-Ache—Warm Bath—Decoction of Mezereon, No. 112—Nitric Acid, No. 45.

Mamma Yaw—This sometimes remains after all the others are healed.—See the use of Corrosive Sublimate, under Cancer.

Crab-Yaws.—Soak the feet or hands for a length of time, to soften the callus ; which pare off to the quick, then dress with Escharotics, No. 121.—The fissures may be filled with gunpowder, which being fired, produces a sore of a new kind.—Fumigations of Cinnabar.

SCROPHULA, SCHIRRUS, and CANCER.

SCROPHULA, properly so called, that is to say, a swelling of the lymphatic glands of the neck, &c. is seldom, if ever, seen in the West-Indies ; but it is, nevertheless, common to talk of a *Scrophulous* habit, of *Scrophulous* Ulcers, &c.—The hereditary constitution of Europeans may probably give a character and complexion to some complaints, justifying the use of such language, in speaking of the diseases of white people ; but the Evil, or King's Evil, among negroes, is the Leprosy, or Coco-Bay ; a Disease of a very different kind, and which is hereafter

after spoken of, *page* 230. Such complaints as are commonly considered of a Scrophulous nature, we shall have occasion to speak of under Tumours and Ulcers.

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CANCER commonly succeeds to small indolent *Schirrous* Tumours, situated, for the most part, in the face and glandular parts, as the breasts of women, &c.; but sores of a common kind sometimes put on the Cancerous habit.*

This, fortunately, like Scrophula and some other diseases, is rare in this island: The instances I have myself seen of it, were all among natives who were advanced in life, and who had been temperate people; several of them water-drinkers:† The Disease was always in the face, and chiefly in men.

The cases of Cancerous breast in women, I believe, are very rare. I have heard of some, but never met with a single instance among negroes; though abscesses, from repelled milk and other causes, occur not unfrequently.—Cancerous Uterus is much more common, and I think happens most frequently to those who have born numerous children at an early period.‡

The shooting pains, and burning sensation, which patients complain

F f 2

of

* There is an Hypothesis, that Cancer depends on *Hydatids*; and a very respectable Writer put several questions; *viz.* Whether these are like the *Hydatids* of the Abdomen, &c.—See *Adams*, on *Morbid Poisons*.

† I have, however, heard of some instances of Cancer happening to Europeans.

‡ The Author of *Observations on Tropical Diseases*, says, Cancer of the Uterus, and the species of Cancer called the *Bay Sore*, are unknown in the island: The latter may be so, but the former is not: Though it is not so frequent, perhaps, as he says it is in *Lima*.

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of in Europe, are not usually felt here, unless in Cancerous Uterus: I have seen persons in the worst imaginable stage of the disease, who never complained of any pain.

The cures that have been held out for this deplorable malady, have been either totally fallacious, or at best only palliative.—The only remedy is *extirpation*, and this is equally unsuccessful, if not performed in the earliest stage of the disease; viz. that of Schirrus, or before the tumour ulcerates.*—When this happens, or when there are several tumours of this nature at the same time, the habit is, in all likelihood, affected, and extirpation will be of no use.

Arsenic, so long employed by Empirics,† and so strenuously recommended by *Peyrillie*, Professor of Surgery at Paris, and some others, has never effected a permanent cure;‡ but it is, nevertheless, perhaps the best remedy, under proper management. *Fowler's Solution* may be given internally, in milk, as recommended by *Ferber*.§—Externally it may be employed under various forms; viz. No. 1.—Arsenic, one grain—Powder of Calamine (*Lapis Calaminaris*) half a drachm—mix—a little of this to be sprinkled on the part to be corroded.—No. 2, Arsenic, one grain to four grains—the yolk of one egg—mix—a little to be put on the part with a feather or pencil.

* A late Writer considers Cancer in three different stages: 1st, That of simple obstruction; in which he thinks Narcotics, as Hemlock and Saline Medicines, have frequently effected a cure: 2^d, That of Induration or Schirrus; where Caustics and Extirpation only can succeed: 3^d, That of Ulceration; where there are few instances of cure; excepting where the ulcers did not begin in a glandular part, or was not in the beginning of a Phagedænic kind.—*Nisbett on Scrophula and Cancer*.

† All the Cancer remedies advertised, contain either Caustic or Arsenic. Martin's Powder, said to have performed such wonders in America, was, on trial, found by *Ru/h* to have Arsenic in it, notwithstanding his constant assertion to the contrary.

‡ See *English Review*, April, 1795.

§ See *Latta's Surgery*.

The *Ammonia al. Ion* is recommended by Mr. *Cline*—dose from two to five grains. CHAP.
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The account of the success of *Carbonic Acid Gas*,* in two cases, by Dr. *Ewart*, from which such great expectation was formed, was unfortunately premature; both the patients, it is said, relapsed, and died.†

Dr. *Moseley* considers the *Corrosive Sublimate* a much better application in Cancer than Arsenic. He directs a proper quantity to be sprinkled on a Diachylon Plaster, of the size of the part, which is to be applied to the Cancer, and left on for forty-eight hours; when, he says, the core, by the action of the living parts, stimulated by the Corrosive Sublimate, is turned out.‡ The sore is afterwards to be treated by the ordinary digestive ointments. He even proposes extracting Schirrous tumours before ulceration, by this method—first blistering the skin, or applying Caustic to it.§

The *Phytolacca*, or Pork-Weed, has been used in America. A species of

* Mankind are not a little indebted to Dr. *Crawford*, for the pains he has been at in analyzing the matter of Cancerous Ulcer, with a view to discover an effectual remedy; which, though he has failed in, his experiments, nevertheless, have thrown a great light upon the nature of this and other Ulcers.—*Ph. Transact. for 1790, page 11—Med. Facts and Ob. Vol. II.*

† It may be thought by some surprising, that I have not enumerated the Hemlock among the remedies for Cancer; but my reason for omitting it is, that I believe the credit of it in Europe is totally sunk; and, even should it have any virtues there, it is not likely that the extract, imported and kept here for a length of time before use, should have any efficacy.—If Narcotics are of any use, it might be worth while to try the Stramonium (*Datura Stramon.*) which is an indigenous plant, and can be given in Infusion, Powder, or Extract.—See COUNTRY REMEDIES in the Appendix.

‡ A similar or better method of applying the Corrosive Sublimate in Cancer, was recommended by Dr. *Hilfen*.—See *Med. Comm.* 1789.

§ *Treatise on Tropical Diseases*, second edition, 521.

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of it here, the *Jacateo Caleloe*, is also used.—It is very deterfive, externally applied. See Country Remedies; a Poulrice of Cassada Bread, Indian-Arrow Root, or Carrots, may be used for keeping the parts clean, and void of Fætor, which, in Cancerous Ulcers, is so extremely offensive.

ELEPHANTIASIS—LEPROSY—COCO-BAY, or JOINT EVIL.

How far these are to be considered distinct Diseases is not clear from Authors.—*Hilary* makes the Elephantiasis different from the Leprosy—*Heberden* describes both them, and the Coco-Bay, as being all one Disease.—The Elephantiasis, according to *Hilary*, is a defluxion on the part, generally on the inguinal glands and legs, consequent upon fever.—*Heberden* says, that it is sometimes the consequence of defluxion, and sometimes of congestion.—Of the Elephantiasis, or Arabian Leprosy, *Sauvages* describes, from Prosper Alpinus, Gilbert, and others, nine different species.*

Elephantiasis is commonly brought on by long continued or frequent returning fever—by surfeits, either from over-eating, or from being over-heated, &c.—It begins with signs of general cachexia and emaciation; the veins of the legs are varicose in their whole course; and one or both legs swell, by degrees, to a most enormous size, the skin being thickened, rough, scaly, and chapped, resembling strongly the leg of an Elephant, from which circumstance the Disease derives its name.

Notwithstanding this thickened, hard, and insensible state of the skin, blood, or a bloody ichor, exudes copiously on the slightest scratch
or

* See *Nosleg. Meth.* To. II.

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or puncture, shewing increase and enlargement of the blood vessels, which is manifest from dissection of the limb, after amputation.*

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With one or both legs diseased in this manner, and of such a magnitude and weight, that he can hardly move, he enjoys a good appetite and health, and lives for many years, but without ever obtaining a cure, not even by amputation;† for the remaining leg is sooner or later affected in the same manner.

In the beginning, or during the febrile symptoms, Bleeding, Purging, Diuretics, and afterwards the Bark and Sea-Bathing, are said sometimes to afford relief, but the symptoms are apt to return.‡ The only relief sought for the disease in the East-Indies, according to *Kämpfer*, is from Issues.§

Sir W. Jones has given us an account of the remedy made use of among the Brahmins, which is Arsenic; viz. one-eighth of a grain, with a few grains of Black Pepper, daily.||—Should the efficacy of this be made trial of, it would be better to give *Fowler's Solution*. *Mr. Sher-ween* has lately recommended the use of Tartarized Arsenic, externally rubbed in, in Cancerous and other complaints.

Fourcroy proposes the trial of Oxygene Ointment.

Mercurial

* See *Hilary*.—Dissection shows that the seat of this Disease is in the skin, its Blood Vessels, and Adipose Membrane; the Muscles, Tendons, and Bones, are ordinarily affected.

† Of this there are numerous instances in proof, in this country.

‡ See *Heberden, Med. Tr. Vol. I.*—*Hilary, Diseases of Barbadoes.*

§ *Qui monstroso hoc gravantur nullum habent remedium, ex quo Levamen sentiant, quousque ab æviternis fonticulis petitur impendit circa cruris affecti genua, sed mox in principio,*

|| *Asiatic Researches.*

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Mercurial Frictions are of no use—nor Mercury internally.

A speedy cure of the Farcin in horses, is effected by giving internally, the Cup. Vitriol. or Blue Vitriol, in large doses.—I will not attempt to point out any analogy between the Farcin in horses, and the Elephantiasis in the human subject, but in a disease like this, hitherto incurable, I think it would be justifiable to try what effects the Vitriol, or any other powerful Medicine, would have. See what is said of the effects of Corrosive sublimate, in Gonorrhœa.

*Leprosy and Coco-Bay, or Joint Evil.**—These seem to be only varieties of the same Disease; viz the *Elephantiasis* or *Lepra Arabum*, the symptoms of which are so well known, that I might spare myself the unpleasant task of detailing them. The first symptoms are, copper-coloured spots on the skin, and tuberculous swelling of the lobes of the ears, falling off of the hair of the eye-brows, enlargement of the nostrils and lips—then distortion of the fingers and toes, which ulcerate and drop off, joint by joint. Tubercles, fissures, and ulceration of the legs, which swell to a great size, as in Elephantiasis before described, &c. &c.

If any one wishes to see this complaint painted at full length, in all its deformities, let them consult *Hilary*, *Heberden*, and *Prosper Alpinus*.

The white inhabitants of this island are happily exempt from this loathsome and incurable malady; at least, the instances of their being affected with it, are very rare; but in some other parts of the West-Indies, and on the Spanish Main, it prevails to a great degree, among white people as well as negroes. In some places, these Lizards form a community

* Red Disease of Guiana.

† In the Joint Evil, or Coco-Bay, the tuberculous swellings are not so common.

Community by themselves,* the Disease being infectious from contact, and hereditary. What is related of the lasciviousness of these wretches, is shocking even to polluted ears.†

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Long as this Disease has been known, both in the Eastern and Western World,‡ and deplorable as it is, no mode of treatment has been yet discovered, or of even mitigating it.§ Many remedies have, indeed, been proposed, but their efficacy has not been sanctioned by experience. See FORMS, No. 124, 129. ||

In the species of Leprosy called the *Greek Leprosy*, which is best known in Europe, the following remedies are recommended; viz. Tincture of Cantharides—Antimonial— and Diet Drinks—Diet of Raisins—Warm Bath—Tar Ointment and Tar Water—all which may, with equal propriety, (though with what expectation of success I cannot say) be used, in the Negro or Arabian Leprosy. ¶

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On

* Carthagene, see *Ulloa's Voyage*.—*Hughes* complains, that at Barbadoes, where it is prevalent, the unclean are not separated. He says that it is principally hereditary in the male line; the children of Leprous fathers being Leprous, without the mother being infected.

† *Sonini* and *Ulloa*.

‡ The Disease has never existed any where in Europe that I have heard, except in Martigues, in France; but it is known every where in Africa, and in the East and West Indies. In Egypt it is called *Lavia* (see *Sonini's Travels* through Lower Egypt, 1799).

§ Dr. *Heberden* says he never saw but one instance of a cure.

Omniem hic Morbus illudit Medicantis & leum et operam; says Kämpfer.

In veterascentem morbum hunc depelli remediis non possit.—I omnius in Hilary.

|| I have it upon good authority, that Dr. *Grant*, an eminent Practitioner, who will be long remembered in this town, employed Fowler's Solution in one case, with the completest success—the patient is now in England, perfectly free from any symptoms of the former Disease.

¶ See *Falcoener's* account of the cases of Leprosy in the Bath Hospital.

*On the ITCH, RING-WORM, GUINEY-WORM, &c.*C H A P.
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The constantly perspirable state of the skin in warm climates is, I believe, the reason why the Itch is much less frequent in them, than in cold countries, even among negroes; who, working and messing together, and living in crowds, must be extremely liable to the infection, where it is present; but it seldom, however, spreads very widely amongst them, as it does among the soldiery and poor people in Europe. I remember once almost a whole regiment being infected with the Itch.

The Itch, in this climate, does not commonly infest the space between the fingers, the wrists, and joints of the arms, or not in so great a degree, as in cold countries; but is scattered more generally over the body. In negroes, it is principally seated in the buttocks, where it sometimes proceeds to the length of deep exulceration. Negroes are liable also to a particular species of Itch, called *Craw-Craws*, which is suspected to be more a disease of the habit, than properly a Cutaneous one, and admits of cure better, by the use of some Country Remedies, than by those ordinarily employed in the common Itch; *viz.* by taking Vervain Juice, and by rubbing with bruised leaves of the Stinking Weed. See APPENDIX.

This Disease, so disgraceful, because proceeding from uncleanness, and because it is so easily cured, never fails of yielding to Sulphur: Mercury is not only unnecessary, but ineffectual, if not dangerous.

Let the patient take, every night, a small tea spoonful of the Flower of Sulphur in milk, or syrup, or melasses, whilst he rubs in the Ointment,

ment, No. 122, as directed. If taken in the beginning, it may be cured by means less offensive; viz. by washing the parts frequently with a strong Solution of White Vitriol—or by the Ointment, No. 123.*

Whatever remedies are employed for curing the Itch, they should be persisted in for some time after the Disease disappears, or it will otherwise return.

Bad consequences have sometimes followed, from drying up very suddenly the discharges from an inveterate Itch, which are to be guarded against by Sulphur, internally given, and by Laxatives.†

Ring-Worm, Herpes, Impetigo.—This is, I believe, more common than the Itch, and more obstinate of cure. If neglected, it sometimes spreads, and becomes an intolerable complaint. It is sometimes the consequence of Fever. I have known several persons getting well of Fever, covered with Ring-Worms. On the *San Juan's Expedition*, it was general amongst the few who survived that unfortunate campaign, and proved a great torment to them for some length of time. It is very prevalent in Brasil, and is called *Cowrap*.‡ It is more prevalent in some parts of this island than in others, but that may be from communication, for it is

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certainly

* Elecampane Root, recommended by *Knacksted*. See *Phil. Mag.* 1799.

† Dr. D. has a notion, that these consequences proceed, not from the ceasing of any discharge, but from abstraction of an habitual stimulus. Bad symptoms have been removed, in some instances, by inoculating the Itch afresh.

‡ Ea ut plurimum *Axas*, *Pectus*, *Inguina*, *faciem*, imo quandoq. totum corpus occupat; cum Pruritu intolerabili adeo ut ægri à scalpendo, dies et Noces, Manus abstinere nequeunt; hanc voluptatem acerba penitentia sequitur, dolor enim sequitur acer et Indigna Partibus exterioribus adhaerentia sine Crustarum Levatione avelli nequeunt, &c.—*Bont. Cap.* 17.

N. B. Cura Pastillis ex Ferrugine et Sulphure cum Aceto confectis.

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certainly infectious, and is, I believe, very commonly caught by succeeding a diseased person in the seat of *Cloacina*, for the eruption often begins about the buttocks and genitals. I have cured several persons, who have laboured under it for a great number of years, and that by means that had before frequently failed. The secret lies in persisting for a length of time, in the use of the remedies, after all appearances of the disease have vanished *

The remedies are the same as in the Itch; viz. the Sulphur Ointment, No. 122, 123—Sulphur Bath, No. 124—Stinking Weed—Ring-Worm Bush, &c. See APPENDIX.

Tetters, or Ring-Worm, when local, or confined to a small spot on the face, or hands, or arms, may be frequently cured by the familiar remedies; viz. Ink—Gunpowder and Lime-Juice—Ketchup, &c.—The Oxygene Ointment, No. 129, has lately come into use in Herpetic affections.

Guiney-Worm—Dracunculus.—Those who wish to be acquainted with the natural history of this Worm, and all the symptoms attending its lodgement in different parts of the body, may consult *Kæmpfer (Amœn. Exoticæ)* or *Hilary (Diseases of Barbadoes)*.

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* Mr. ——— a Gentleman of great consideration, not long since dead, had laboured under a Disease of this kind for twelve years. It had been mistaken, both here and in England, for Leprosy. When I saw him, he was universally excoriated, and could bear no cloaths on him. By a Sulphur Bath, he got very soon relieved, and afterwards cured. He was, however, subject to returns, if he did not now and then use his bath.—Herpes puts on various appearances: I once saw a negro child on which the Disease made configurations exactly like Madrepore, or the Brain Stone Coral; It was cured by Sulphur.

One circumstance related, I think not credible—that these animalcula make a quick transition among the muscles and membranes, from one part to another.

The mode of extracting this worm, by rolling it on a quill, or leaden probe, is so universally known, that I need not describe it, nor mention the bad consequences that sometimes follow the breaking it.

The means of killing the Worm, and bringing it away at once, is a desideratum. Eating large quantities of Garlic, or taking Asafoetida, Camphor, &c. has sometimes this effect.

Scald Head—Tinea.—I never saw but one case of Scald Head in Jamaica, which was in a negro who came with his master* from St. Domingo.

The remedies recommended in this Disease are; internally, Sulphur and other Laxatives.—externally, Tar Ointment, and covering the head with an oiled bladder or oil-skin cap.—The Ointment, No. 130, is taken from the *Med. Comm.* 1797.

* *Dr. Scott*, a gentleman well known, from the various public services he has been employed in; viz. in the Embassy to China; in the Hospitals at St. Domingo; and in the Expedition to the Helder; and from whose experience and abilities the world has much to expect.

CHAPTER X.

Of sundry LOCAL and ANOMALOUS COMPLAINTS.

HEAD-ACHE.

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HHEAD-ACHE is not only a symptom attendant on very many complaints, but is sometimes of itself a distinct Disease, arising from several different causes. It may sometimes arise from the state of the stomach, and at others from causes acting within the head, as, 1st. Congestion or fulness of the Blood Vessels. 2^d. Effusion either of Blood or Serum. 3^d. Bony Protuberances, or ossification of the Sinuses, &c. 4th. State of the Sensorium itself.—Insects generated in the frontal sinuses, have been sometimes the cause: A gentleman, who had laboured for some years under a most excruciating Head-Ache, was ultimately relieved, by a discharge from the nose, in which was a worm or maggot.

The Disease is sometimes constitutional; in some cases incessant; in others periodical, affecting the head generally, or on one side only.

I have known cases where the pain was confined to a small spot above the orbit of either eye, and returning every day at a certain hour. In some persons it accords with the Diurnal Revolution, commencing at Sun;

Sun-Rise, increasing till the Meridian, and then declining; this may be partly, or at first, owing to the temperature, but afterwards to habit.

1. Where there is reason to think the Head-Ache depends on a foul stomach, Vomits of Ipecacuanha, or Mustard, may be taken, and afterwards Laxatives.—Head-Ache is frequently caused, or aggravated, merely by costiveness, and may be relieved by Clysters.

2. When the Disease is supposed to be owing to congestion, or too great fulness, as in the case of florid and short-necked persons, and where there is a visible throbbing of the arteries of the neck and temples, Bleeding, Blisters, Setons, Issues, Errhines, or such things as promote a discharge from the nostrils. Immersion of the feet in warm water, whilst cold vinegared cloths are applied to the head.

In Head-Aches purely *Nervous*, Cephalics, such as Volatile Salts, Eau de Luce, and the Medicines called Nervous; viz. Tincture of Valerian, Æther, internally and externally, Compound Tincture of Castor, Tincture of Asafoetida; these sometimes afford relief; but, if they do not, the feet may be put in hot water; a Fœtid Clyster may be given; Electricity resorted to. To prevent the return, Tonics are necessary; viz. drinking a large draught of cold water in the morning.* The Shower Bath: The Peruvian Bark. See Electuary, No. 90.

When the Disease returns like an intermittent, at a particular hour, the Bark should be taken to the quantity of an ounce or two, some hours

* A draught of vinegar, or warm water, will sometimes afford relief. Opium is seldom proper, but in violent cases, when it is thought indispensable, it should be given in large doses: One hundred drops of Laudanum, or three or four grains of Opium.

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hours before the period of the Paroxysm. Powder of Valerian may be joined with it; but the most powerful Tonic is Arsenic, which has given relief in a number of desperate cases: Give four or five drops of Fowler's Solution, No. 124, once or twice in the day.

N. B. The dose may be increased to ten or fifteen drops.—Shaving the head, and rubbing in Mercurial Ointment, are advised in some cases.

Face-Ache—Tic Douloureux—is a distressing complaint, like Head-Ache—the same means may be employed as in Nervous Head-Ache; but Dr. Haighten has discovered a new and effectual cure, which consists in dividing the nerve, as it comes out of the infra-orbital hole. See *Medical Facts and Observations*.

Ear-Ache—may be caused, 1st. By blows, falls, and other accidents; 2^d. By a current of cold air, and getting wet in the feet; 3^d. By foreign substances getting into the Ear, viz. Insects, &c.

Some persons are particularly liable to it, upon the least exposure to cold: To guard against it, they should keep their head and feet warm.

In ordinary cases, the patient will find relief from holding the affected side of the head over the steams of warm water; afterwards putting into the Ear a small piece of Camphor, wrapt up in cotton, and moistened with Laudanum or *Æther*.—Electricity may be employed.

In cases where the pain is very violent, accompanied with throbbing and other symptoms of inflammation, Bleeding and Blisters, either behind the Ear, or to the neck, may be necessary. Should abscess threaten, apply Warm Poultices. When an abscess has broke, let the Ear
be

be frequently syringed with milk and water, Chamomile Tea, with Tincture of Myrrh, &c.

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To get out insects, pour in warm oil, or direct a steam of tobacco-smoke into the ear. If vermin have generated in the ears or nostrils, inject first, Spirits of Turpentine, then warm oil.

*Deafness.*—I must choose this place to speak of Deafness, which may arise from a great variety of causes: The most ordinary of which are, 1. Hardened wax, or dryness of the parts. 2. Relaxation or Rupture, Abscess, &c. of the Membrane called the Tympanum, or Drum. 3. Diseases of the bones. 4. Obstruction of the canal going from the ear to the throat (Eustachian Tube). 5. Palsy of the nerve.

The Remedies:—1. In the first case are, Syringing the Ear with Milk and Water, Oil and Water, &c. Ox Gall and Water, &c.—2. In the second case, the Cold Bath, Bark, and other Tonics.—4. In the fourth case, Electricity, passing the shock through the Ear, to the throat.—5. In Palsy of the Nerve, the same remedies as in *Gutta Serena*, see page 245.

On this subject, some valuable observations may be found, in *Townsend's Guide to Health*, Vol. II. 371.

*Tooth Ache.*—This, though a malady that seldom excites much pity, is yet a sufficiently severe one, as is well known to those who have ever felt it, and not undeserving notice. The most ordinary cause is a decayed or hollow tooth: In this case, relief is sometimes obtained from dropping in Laudanum, Oil of Cloves, Spirits of Turpentine, or filling the cavity with a Pill of Opium and Camphor; and by various other

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local

CHAP. local applications ; but where these do not succeed in a short time, the  
 X. best cure is the radical one, Extraction, or Drawing the Tooth.

When the Disease is occasioned by cold, sweating the face, by holding it over the steams of hot water, and afterwards rubbing in Volatile Liniment, applying Blisters behind the Ear, putting the feet in warm water, taking sweating Medicines at night, such as *No. 15, 17.*

Tooth-Ache has been known to arise, in some cases, from the state of the stomach, and to be relieved by a Vomit.

For the Tooth-Ache of Pregnant Women, see DISEASES of WOMEN.

### OPHTHALMIA, or INFLAMMATION of the EYES.

I think it unnecessary here, to enumerate the great number of causes by which an Inflammation of the Eyes may be occasioned ; but it would seem to be sometimes dependant on one not commonly noted, *Contagion.* I have known it several times Epidemic, affecting great numbers at one and the same time, without any cause that was apparent.

The Inflammation is differently seated, either in the Eye itself, or in the Eye-Lids, and is attended with a vast variety of circumstances, that cannot be here pointed out ; but the symptoms being so painful, when the Disease comes to any height, and the consequences of it, when neglected, being so serious ; viz. the partial or total deprivation of sight, the earliest and strictest attention is required.

If duly attended to in the beginning, it may be frequently stopped, or at least mitigated, so as to prevent any bad consequences.

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In slight affections, brought on by dust, a glare of light, &c. it may be quickly removed, by washing the Eye with weak Brandy and Water, or by the use of any of the Eye-Waters, No. 126;\* or by the Alum Poultice, No. 126,†, put on at night, taking at the same time, either a dose of Purging Salts, or a powder of Calomel and Jalap, and afterwards-Cooling Powders, if required.

The Eye-Waters ought also to be used with an Eye-Cup, or else the patient should lie on his back, and have the Eye-Water dropped into the Eyes; for, in the ordinary way of washing the Eyes, the patient derives but little benefit. The patient should carefully screen the Eyes from the light, by covering them with a blind of plantain-leaf or green silk; but it is better to sit in a dark room, without any covering. This is of great importance in every case. The Collyria, or Eye-Waters, should be used very frequently, and as cold as possible.† If one does not suit, it should be changed for another, or made weaker or stronger as it may be found necessary. In more violent Inflammations of the Eyes, Bleeding is necessary, or Cupping and Scarification of the Temples; Blisters to the nape of the Neck, or behind the Ears, to be kept running, caused by Doses of Calomel and Opium, should be given every night; and afterwards the Bark.

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Dividing

\* A very ingenious practice has been lately recommended, for diminishing Cutaneous Inflammation, and Inflammation of the Eyes; viz. that of covering the inflamed part with a wet bladder, and keeping this moist with Æther; which, by its evaporation, generates a great degree of cold.—Slight Inflammations of the Eye may be removed by Electricity, or by drawing off the electric matter by wooden points.

† Warm Fomentations of milk and water may be sometimes useful in affections of the Eye-Lids, but seldom in cases where the Inflammation is in the Membranes or Globe of the Eye.



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Dividing the turgid Blood Vessels of the Conjunctiva,\* by the shoulder of a lancet, is an easy operation, that affords very certain and speedy relief.

Where these means fail, and what is called a *Chemosis* takes place; viz. Swelling of the Ball, depression and thickening of the *Cornea*,† &c. threatening a general confusion of the humours, or suppuration, a Seton is to be immediately put into the neck, and strong Errhines given, to promote a discharge from the nose; Calomel, Opium, and Bark, being continued: Emollient Poultices are sometimes proper in this case: In the place of the rotten Apple employed in Europe, the ripe Banana may be very conveniently substituted.

Where the Eye-Lids, or the *Ciliary Edges*,‡ are principally affected, they are apt to be glued together; to prevent which, a little of the simple Mercurial Ointment (made without any Turpentine), or of the Ointments, No. 127, *a, b, c*, may be smeared thereon, with a camel's hair pencil, or feather.

For the *Lippitude*, or weakness, which remains after this species of Ophthalmia, the Ointments, No. 127, are proper.

To remove the Specks, Films, or Opacities,§ that remain on the  
Cornea,

\* The *Membrana Conjunctiva*, is what is vulgarly called the White of the Eye.

† The *Cornea* is the clear transparent part of the Eye, over the Pupil, or, as it is called, the Sight.

‡ The *Ciliary Edges* are the borders of the Eye-Lids, from whence the hairs proceed; these are Cartilaginous, and have a number of Glands.

§ For removing Opacity of the Cornea, the Gall of Fish, said to be a very ancient remedy, is recommended by Mr. Home.—See *Tron. Lect.* 1798.



Gonæa, the Water, or the Powder, No. 123, *a, b, c*, may be used, when all symptoms of inflammation are subsided.

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A dreadful kind of Ophthalmia is sometimes occasioned by a stoppage of the running in Gonorrhœa, which in such cases should be restored, by all possible means (*see Lues Venerea, page 208*); whilst all the preceding remedies, except the Bark, are made use of.

The same complaint sometimes follows the Confluent Small-Pox: Here the Bark, with the foregoing remedies, will not be improper.

To defend the weak Eyes, after recovery, from a too strong impression of light, it is customary to keep them covered, or to wear goggles; but all these serve to keep the parts hot; the best defence of the Eye is from green glass, or gauze spectacles.\*

To prevent a return of the Inflammation, the Bark may be occasionally taken; the head shaved, and washed frequently with cold water, or the shower bath used.

Severe and long continued Inflammation occasions many other complaints of the Eyes, which must be here passed by, as well as several others arising from causes of a different nature, except one called the *Gutta Serena*. The Cataract, and others, which are the object of Chirurgical attention, can not be treated of here.

*Gutta Serena*—is a Blindness, more or less complete, arising from a Palsy

\* The glasses ought to be plain, not magnifiers.—Goggle frames, mounted like spectacles, may be covered with green gauze or sarianet.

CHAP. Palsy of the Optic Nerve. There is here no visible fault in the Eye, except that the Pupil (or Sight, as it is called) is dilated, the stimulus of light not causing it to contract.

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This Disease sometimes comes on gradually, and is preceded with Head-Ache, Vertigo, Singing in the Ears, &c.; at others, it attacks suddenly, going off and returning irregularly, or periodically: The causes from which it arises, are similar to those of Apoplexy; viz. serous or sanguineous compression; or else a deficiency of nervous energy, from some unknown cause.

The cure must be attempted, then, by the several means adapted to the different states of Apoplexy. (*See Apoplexy, page 181.*)

1. In young Plethoric short-necked persons, Bleeding, Blisters, Setons, &c. 2. In Phlegmatic people, Emetics, Cathartics, Errhines, Blisters. 3. In Nervous, Hysterical; and Epileptic patients, Antispasmodics; viz. Opium, Musk, Æther, Electricity, &c. &c. TONICS; viz. Bark, Steel, Flowers of Zinc, Cold Bath, Arnica Montana, &c.

It has been sometimes caused by repelled eruptions, and by drying up sweaty feet; in which cases, the discharges are to be restored.

When the Disease proceeds from Poisons;\* the Antidote to these, if known, must be had recourse to; that of the Venereal Poison, is Mercury. See *Lues Venerea*.

Of

\* Stramonium in particular has this effect. Emetics and Oily Clysters are recommended

## On LOCAL COMPLAINTS.

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Of the DISEASES of the KIDNIES, BLADDER, &c. viz. ISCHURY and STONE, DYSURY, STRANGURY, &c.

Ischury, or suppression of Urine, is occasioned by Inflammation, either in the Kidnies, Ureters, or Bladder; and this Inflammation may be either owing to a stone situated in any of these parts, or to other causes, as Cold, Gout, external Injuries, Acrids (as Cantharides, &c.) swallowed.\*

The general remedies in *Ischury*, *Strangury*, and *Dysury*, are Bleeding, Clysters, Laxatives, Demulcent Drinks, Warm Bath, and Opiates, particularly the Anodyne Clyster, No. 33.

**STONE.**—The symptoms of *Calculus*, or Stone, besides pain in the Kidnies, or about the neck of the Bladder, are sickness at the stomach, a discharge of mucus or gravelly pale urine, passed in small quantities, or the urine suddenly stopping when in a full stream, &c. This torturing malady is almost unknown in tropical climates: The few whom I have seen labouring, under symptoms of *Calculus*, had brought the Disease with them from Europe. There are various Hypotheses concerning the nature and formation of *Calculus*,† which it is unnecessary to mention.

recommended by Dr. ———, (see *Medical Facts and Observations*), but Acids are the most powerful Antidotes, to all the Narcotics.—The exhalations of Privies likewise produce Blindness. See *Rammarini de Morbis Foricariis*.

\* I have met with several instance of Diseased Kidney ending in suppuration, which seemed to be from some organical cause or obstruction.

† See Dr. *Whytt*—Dr. *Austin*—*cum multis aliis*.—Dr. *Austin* is of opinion, that the *Calculus*



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tion here; and I shall therefore speak only of the treatment; which, in the *fit*, or when the patient is labouring under violent pain from the Stone, either in the Kidnies, or, descending along the Ureters; lodged at the neck of the Bladder, or sticking in the Urethra; must be by the use of the remedies above-recommended in the preceding page, particularly by Opiales, in Clysters. See No. 33.

To counteract the Lithic or gravelly disposition, the patient should avoid the use of acids, and crude vegetables; should take exercise on horseback; and wash the loins frequently, with cold water. The most efficacious remedies are Lime Water.—The Mephitic Alkaline Water\*—the Natron Pills, No. 94—or Kali in the Bitter Infusion, No. 54—Artificial Seltzer Water, No. 69.

Formerly the *Uva Ursti*, an Astringent vegetable, was much celebrated; as also the Seeds of the Wild Carrot, Decoction of Raw Coffee,† &c.; but these are, I believe, now obsolete remedies. A more powerful one has been lately recommended; viz. the Muriatic Acid, of which from twenty to fifty or more drops may be taken, twice in the day.‡

## Medicines

Calculi are not a deposition from the Urine, or not caused by any secretion from the Tubuli Uriniferi, but are formed of mucus poured out from the Glands, and in the coats of the Bladder. Mr. *Cantabrigia*, and some others, agree with Dr. *Lustin*; but most Writers, since *Scheele*, assert that Calculi are not earthy Concretions, &c. but are composed of a peculiar Acid, which they agree to call the Lithic or Stony Concreting Acid, as being endued with specific properties.—See *Scheele*—*Wilson*—*Forbes*, &c.

\* See mode of preparing this, by Dr. *Falconer*. *Med. Comm.*—An Apparatus is required for it, which may be had of Mr. *Menzies*, and the other Druggists of this town.

† Dr. *McBride*.

‡ *Copland*. See *Mem. Med. Soc. Vol. V.*



Medicines taken *ex ore*, or by the mouth, must necessarily undergo a change before they arrive at the parts where the Calculus is lodged; whatever effect, therefore, they may have, in preventing the formation of Stone, they can have little or none in dissolving Stony Concretions, when formed: Hence it was long ago proposed, to inject the Bladder with such liquors as were found solvents; but the manner in which this was at first done, occasioned intolerable pain: A better method, and which is said to be successful, has been since adopted.\*

Every one knows, that in certain cases there is a necessity for extracting the Stone, by an operation called Lithotomy, or Cutting into the Bladder; but that is an operation I have never known to be, nor even heard of being, performed in this island. I never knew but one person dying here of this Disease.

*Spasmodic Ischury*.—If the coats of the bladder or prostate gland, are in a diseased state, the urine may, from its ordinary or from accidental Acrimony, occasion a Spasmodic affection of the parts: When this is supposed to be the case, the suitable remedies are, Mephitic Alkaline Water—Demulcent Drinks—Warm Bath—Opium—Tincture of Iron, in Spirits of Salt.

Suppression of Urine may also be the effect of Palsy; in which case, Blisters to the *Os Sacrum*, &c. See PALSY.

*Dysury and Strangury*, or a difficult and painful discharge of Urine, acknowledge most of the same causes as the preceding complaint; *viz.*

I i

Inflammation

\* See *Med. Comm. Vol. III.*—*Encyclop. Britan.* subject *Medicine*.—Also, *Jesse Foote*, *de Lotura Vesicae*.

C H A P. X. Inflammation from Acrids swallowed ; from gravel sticking at the neck of the Bladder, or in the Urethra ; from poisonous matter absorbed in impure coition (see *Gonorrhœa*) ; or, lastly, from Strictures in the Urethra.

When the symptoms proceed from Acrids, as Cantharides, &c. taken internally, the proper remedies are, Demulcent Drinks, Mucilage of Gum Arabic, &c. ; if from Gravel the same, as also Oily and Mucilaginous Injections.

*Strictures\* of the Urethra* are occasioned either by a thickening of the Membrane, in consequence of Inflammation in *Gonorrhœa*, or else by Spasm, arising from a peculiar morbid irritability of the parts.—This is a complaint so common, and so distressing, that I should be justified in treating it at some length, if I could convey to common readers the desired information ; but, as the nature of the subject† will not admit of my explaining myself upon it, I must recommend here only the palliative remedies, in case of retention of Urine, and refer patients labouring under Strictures to experienced Surgeons, who alone can direct in the practical use of the Bougie,‡ and such means as are necessary for the radical cure of Diseased Urethra.

Supposing

\* Stricture of the Urethra is not only the cause of Dysury, or difficulty and pain in passing Urine, but also of Ischury or retention of it ; but I have chosen rather to consider Stricture under Dysury.

† See the Treatises of *John Hunter*, *Jesse Feete*, *Es. Home* ; also *Dr. Swiedam* and *B. Bell*.

‡ The best kind of Bougie is that made of the Elastic Gum. Dreadful consequences have happened, from pieces of Bougie slipping into the Bladder, but the Elastic Gum is soluble in the Urine, and is not therefore likely to be productive of the same mischief as the common Bougies, in such a case.—I knew a gentleman who, having met with this accident, was so singularly fortunate as to void the piece of Bougie again by Urine, after it had lain in the Bladder several weeks,

Supposing a person labouring under a partial or total retention of Urine, and in great pain from a Stricture in the Urethra, which does not admit of the introduction of the Catheter, or Bougie, he should be put into a Warm Bath, and take a large dose of Opium or Æther, and an Anodyne Clyster. Æther and Laudanum may be applied externally to the part affected—or a Blister to the Perinæum.—In spasmodic cases Mr. Cline recommends ten drops of the Muriated Tincture of Iron (*i. e.* Tincture of Iron, in Spirits of Salt) every quarter of an hour.

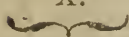
*Pyury, or Cystirrhœa.*—There is a Disease of the Bladder, which requires to be mentioned here, consisting of a mucous or puriform discharge of matter from the Bladder, sometimes in considerable quantity; which has been, by different Writers, variously denominated *Pyuria, Cystirrhœa, Catarrhus Vesicæ, &c.* Of this Disease, I have met with several instances in this island. The discharge may sometimes be truly *purulent*, proceeding from internal Ulcerations of the Bladder, Kidnies, Mesentery, &c. but at other times it is only Mucus,\* and is caused by a gouty affection of the Bladder, or else by Acrids used, as in our food. The effect of turtle, in making the Urine of an oily nature, and greenish hue, is well known.† It is sometimes supposed to be a primary Disease of the Coats of the Bladder, arising from preternatural sensibility..

The remedies proper are, Demulcent Drinks, for diminishing the Acrimony of the Urine: Opium, for lessening the sensibility of the  
I i 2 Bladder;

\* Mucus is ropy, or draws out into threads, whilst Pus is friable, or without cohesion; but the nature of the discharge, whether Mucous or purulent, may be more certainly determined by the Criteria proposed in page 149, *Note.* Let the Sediment be repeatedly washed in water, before subjecting it to the trials mentioned.

† *Ab usu Testudinis marine Urina illico caesæ viridis et quæ seorsâ evadit.*—Stubb. Ph. Tr.



CHAP. X.  Bladder; the Bark, Uva Ursi, Zinc, &c. for increasing the tone of the system and parts; injection into the Bladder, as recommended by Mr. Foote.

*Diabetes*—is a preternatural or excessive flow of Urine, the quantity sometimes much exceeding that of liquids swallowed: The nature of the Urine is also altered, being sweet to the taste, from the sugar it contains.\* There is much variety of opinion concerning the nature and causes of this frequently incurable malady; but most Physicians seem to concur with Dr. Rollo, in thinking it a Disease of the Primæ Viæ; and that the principal means of cure consist in abstaining wholly from vegetable food.† At the same time, Emetics are advised, with Hepatized Ammonia, and Narcotics. Dr. Ferriar has treated one case successfully, by the Bark and Vitriolic Acid. A great number of Astringents, as Alum Whey, Tincture of Catechu, &c. have been in vain administered.—Bitters and Chalybeates will always be conducive,

## CHAP.

\* The blood is also sweet, and the serum like whey.

† *Ontyd* asserts, that the sole use of animal food will, indeed, change the nature of the Urine, but not remove the Disease. *Ontyd, on Morb. Dif.*—Dr. Baillie thinks that Dissection shews it to be a Disease primarily of the Kidnies.



CHAPTER XI.

*On the DISEASES and MANAGEMENT of WOMEN and CHILDREN.*

THE prohibition which the sex lie under from delicacy, in seeking advice; particularly in the West-Indies, where the major part of the faculty are young bachelors, makes it of importance for them to study their own economy, and to learn how to manage themselves in their various situations; I should therefore be glad, if it were consistent with my plan, to be more full on the subject of female complaints, and on the treatment of children; but, as it is not, I would recommend it to the sex (the matronly part in particular) to seek for fuller instruction in other Authors.\*

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The peculiar and irritable constitution of women has been spoken of before (*see* INTRODUCTION), and the Diseases resulting from it, as Hysteria, &c. have been already treated of: What remains to be considered here, are such irregularities and complaints as are dependant on the sexual economy.

It is well known that, in warm climates, girls arrive much sooner at the state of puberty than in Europe, though there is no where any certain or fixed period for the eruption of the Menses, or the commencement

\* See Dr. Hamilton's Diseases of Women—Dr. Leake—Nisbett's Clin. Guide—The latter is better suited to Medical Students.

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ment of the Menstrual Discharge.\* It occurs sooner or later, according to circumstances of general health; it may, perhaps, be anticipated or hastened by certain causes; but it is more frequently retarded.

The causes which hinder the appearance of the Menfes at the proper period are, a weakly constitution, previous fits of illness, an inactive sedentary life, grief, or any other of the depressing passions.

It is for these reasons, that there are rarely any instances of the retardation of the Menfes among negro girls; but, among the poorer whites, who live in a state of domestic confinement, we see a number who are obstructed and chlorotic.—To encourage the flow of the Menfes at the proper period, and when there are symptoms pointing out their approach, as swelling and shooting pains of the breasts, &c. females should take much exercise, and pursue social and chearful occupations. They may occasionally use the warm bath, or put their feet in warm water. The first appearance of the Menfes, and sometimes the subsequent returns of them, are preceded by violent pains or cramps in the Uterus, and neighbouring parts; to relieve which, the patient should sit over the steams of warm water; the Abdomen and Loins may be rubbed with Camphorated Oil and Laudanum; but Laudanum by itself, or with Æther, or Volatile Spirits, Tincture of Castor, &c. is at the same time to be administered.

*Obstruction*

\* The common period, in cold countries, is about fourteen or fifteen; but, among the natives of warm climates, sometimes it occurs as early as eleven or twelve.—A case is related in the Memoirs of the Medical Society, where the Catamenia did not come on till the forty-seventh year of the woman's age; after which it continued regular, during the remainder of her life, ten years.—There are some instances of women who have never Menstruated, owing to their having no Uterus.

*Obstruction of the Menfes.*—The same causes which prevent the Menfes from coming on, at the proper period, may cause an obstruction of them afterwards; but the most frequent cause is *cold*.—It is, therefore, incumbent on females to pay particular attention to themselves, for some days preceding the expected return of their terms, avoiding cold and sitting up late at night, relinquishing their sedentary occupations, and devoting themselves more particularly at these times to amusement and company.—At the same time drinking warm diluents, and using the Pediluvium; *i. e.* washing their feet at night in warm water, as before recommended.

If the obstruction is permanent; that is to say, if a woman has no return, or but partial appearances, through many successive months, and falls into a bad state of health,\* which is usually the consequence, she must be treated according to the particular circumstances of her situation.—In some few cases there may be a rigid and plethoric state, that requires Bleeding;† which is generally, though with no good reason, performed in the vein called *Saphæna*, in the ankle, after immersing the foot for some time in warm water: Where Bleeding is deemed necessary, it will be better therefore to take Blood from the Arm.

Whether there are any Medicines that come strictly under the denomination of *Emmenagogues*; that is to say, Medicines that have a direct action on the Uterus or Womb, and forcing the Monthly Discharge, may be doubted; but there are many that have this effect indirectly;

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\* The most common effect of obstructed Menfes is *Chlorosis*, or Green Sickness, particularly in Girls; in more elderly females, *Physonia*, or a big and hard belly.

† This is particularly advisable where Blood-spitting, or Vomiting of Blood, happens, or where there are very violent pains of the loins, and in cases of fits. See two curious cases of Menstruation in Memoirs of the Medical Society, 1792; in one of which the eruption was from the *Saphæna*.



CHAP. as Emetics—strong Purges, particularly Aloetics\* and Hellebore—all  
 XI. Tonic Medicines, particularly Chalybeates, and a number of others, whose operation is not well understood, as Madder-Root, which has been found one of the most efficacious Medicines.† The dose is two scruples, or a drachm, four times in the day.—Some of the other most usual and best remedies, are directed in *No. 37, 40, 58, 131.*‡—*For COUNTRY REMEDIES, see APPENDIX.*

*Chlorosis, or Green Sickness.*—The cure for this consists in Emetics, Purgatives, Chalybeates, &c. as above directed, and as mentioned under Malacia or Dirt-Eating, *page 170.*

*Enlarged Abdomen.*—Where this is the effect of obstructed Menfes, besides the above remedies, and exercise on horseback, Calomel or Mercurial Frictions, with Warm Bath, Burgundy Pitch Plaster, moderate bandage, &c. may be made trial of.

As the Menstrual Flux takes place at an earlier age in the natives of warm climates, so does it likewise sooner cease. This period is a critical one. From the stoppage of the customary evacuation, the patient is subject to Plethora, and all the consequences of that state, as Head-Ache, Inflammations, and Ulcers, Palsy, &c. &c. the means of preventing these evils is, to bleed; to live very abstemiously; and take much Exercise. If this period be safely passed, an healthy old age generally succeeds.

#### *Overflowing*

\* Emetics and Purgatives are to be given at the time the return should take place.—Blisters may be sometimes applied on the inside of the thighs.—Burgundy Pitch Plaster to the loins.

† See *Dr. Hume.*

‡ Electricity stands highly recommended in obstinate suppression of the Menfes.



*Overflowing of the Menfes, Hæmorrhagies from the Uterus, and Abortion or Miscarriage.*—The quantity of the discharge is very different in different subjects, and in the same subject at different times.—That quantity only is to be deemed excessive, which is followed by weakness, paleness, sickness at the stomach, &c.

This Hæmorrhagy is of two kinds, active or passive (*see page 127*) depending either upon an increased impetus of blood in the vessels of the Uterus, or else in a relaxation of their mouths: The treatment must, therefore, be very different, according to the cause of the complaint. When it happens in Viragoes, or strong Masculine Women,—if it be brought on by violent exercise, strains, blows, or other accidents, and is attended with pain in the loins, &c. Blood-letting is the first and principal remedy; next a cooling Regimen, with gentle Laxatives, *No.* 4, 38, and the Powders, *No.* 8: Keeping in a horizontal position, thinly clothed or covered, and making use of cold applications to the Loins, and between the thighs; *viz.* cloths dipped in Vinegar and Water, in which Sugar of Lead has been dissolved. These are to be renewed frequently, or before they acquire the heat of the body.

In the opposite case, or where the flooding is owing to weakness and laxity, the patient is to keep herself in a recumbent and quiet state, making use of cold applications; *viz.* cloths dipped in Vinegar and Water, as recommended above. In extreme cases, the Astringent Injections, *No.* 132, may be requisite; but the use of these will be generally superseded by taking, internally, Tincture of Roses; the Styptic Powder, or Alum Whey\*—Tincture of Catechu—Infusion of Pomegranate with Port Wine.—The Opiate Clyster, *No.* 33, will be frequently of service, or the Clyster, *No.* 132.

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\* Alum Whey is made by curdling a pint of milk with a drachm of Alum. Of this a quarter of a pint may be taken at a time, three or four times in the day.

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In the Intervals, or between the periods, the patient should make use of the Cold Bath and Tonics; viz. the Bark, with Elixir of Vitriol, the Bitter Wood, with Chalybeate Wine—Chalybeate Waters—the Steel Powder, No. 47, 48—and Electuary, No. 46.

*Fluor Albus.*—This Disease, as its name imports, is a discharge of white matter; but it is not always so; it is sometimes either yellow or greenish, and sometimes very acrid, excoriating the neighbouring parts. —When it is colourless and glairy, like the white of an egg, the Disease evidently arises from laxity or weakness, and the cure consists in the use of the Cold Bath\*—Astringent Injection, No. 101—and in the use of all the strengthening remedies; viz. Bark and Elixir of Vitriol, No. 21—Bitters and Chalybeates, No. 58—Infusion of Bark in Lime-Water, taken with Milk—Bark Electuary, No. 90—Steel Powders, No. 92—Turpentine Pills, No. 108—a nourishing gelatinous diet, with red port wine; is proper to females under these circumstances.

2dly, When the discharge is either of a *yellow* or *greenish* colour, the treatment must be different from that above recommended.† The Disease

\* When I recommend the Cold Bath, I think it necessary to give a caution as to its use; its good effects are not to be sought from dabbling in the water of a river, or from sitting long over a disgusting machine, called a Bidet: Affusion of cold water over the loins, whilst sitting in a bathing-tub, will have a much better effect.

† It is often a matter of much difficulty, to distinguish between *Fluor Albus* and *Gonorrhœa*. Women may, therefore, be as unjustly suspected as unnecessarily alarmed. The one complaint may generally be known from the other, by attention to the following circumstances:—In *Gonorrhœa*, the patient complains of heat of urine, which she has a frequent desire to pass:—In *Gonorrhœa*, the discharge comes on suddenly, not from relaxation, from obstructed Menstrues, and such causes as produce *Fluor Albus*, nor is the discharge attended with so much pain and weakness about the loins:—In *Gonorrhœa*, there is seldom a suppression of Menstrues, as in the *Fluor Albus*. It is necessary to mention here, that very young females are subject to *Fluor Albus*, and

Disease must not be immediately stopped by Astringents; but Emetics and Purgatives are to be first occasionally given, with small doses of Calomel: Afterwards, Bitter Infusion, Bark, and Chalybeates, as above.

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The regimen of the patient, under this last species of Fluor Albus, ought to be abstemious and cooling: Rich and nourishing foods aggravate the Disease. The Artificial Mineral Waters, No. 69, 70, may be recommended.

*Cancer of the Uterus.*—When the discharge from the Vagina is in great quantity, much discoloured, ichorous, acrid, and offensive, and is attended with lancinating or shooting pains in the Uterus, &c. it indicates Cancer; a most deplorable malady, that hardly admits of palliation.

The only relief to be had, is to be sought from living on an abstemious and milk diet—from frequent Blood-letting—Blisters to the Perinæum—Issues in the Thighs—and Injections and Clysters, with Opium.

In the Schirrus state of the Womb, or before Cancerous Ulceration takes place, Mercurial Frictions have been recommended.

*Descent or bearing down of the Womb, and Protrusion of the Vagina.*—These are effects of Fluor Albus, or dependant on the same cause; viz. weakness or relaxation: They are, therefore, to be removed by all the

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same

that sometimes of a bad kind: When this happens to girls approaching puberty, it may give rise to suspicion, and the most cautious discrimination is therefore requisite, to prevent the loss of reputation to innocent virtuous girls.—See *Underwood on Diseases of Children*, Vol. II. page 104.



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same means recommended in page 258; viz. Cold Bath, Tonics, and Injections. Where the Uterus itself descends, Pessaries\* are necessary. The patient should keep much on her back, lying with her head low, till such time as the parts have recovered some degree of tone.

*Pregnancy, and the Diseases attending it.*—The signs of Pregnancy, such as a stoppage of the menses,† enlargement of the breasts, and protuberance of the belly, are very equivocal or uncertain, as they depend frequently on other causes. A woman can have no certain proof of being with child before the fourth month, when the child quickens; and even then she may be mistaken: She should, therefore, be very cautious how she indulges hopes that may create disappointment to herself and others; but, whenever she has any cause to think herself pregnant, she ought to conduct herself as though that were actually and certainly the case.

Women, when with Child, ought to be careful in dancing, riding, in getting out of carriages, in lifting up any heavy body, pulling out drawers, &c.; but, whilst they avoid any acts of exertion, they are not to lead a sedentary life, but take exercise, which is greatly conducive towards preventing the usual complaints attendant on the Pregnant state.

*Miscarriage* most commonly happens in the early months of Pregnancy; and those who, either through constitutional or only accidental causes,

\* These are of various forms and materials, but the Cork-Ring is found preferable to any other.

† This is the first, but very uncertain sign of conception; as Menstruation may be stopped by other causes: Sometimes also the Menses continue to make their appearance for a few turns after Pregnancy; but, in these cases, the discharge is probably from the Vagina only, not from the Uterus.



causes, have miscarried once or oftener, are ever afterwards subject to it, at the same period of gestation. Women, therefore, in this predicament, must be very attentive to themselves. If the disposition to it proceeds from laxity or irritability, every means ought to be employed for bracing the solids; *viz.* gentle exercise, and the use of Tonics and Astringents, such as an Infusion of Bark, with Elixir of Vitriol, &c.; but miscarriage is frequently the consequence of Plethora and fulness, and may be prevented by Bleeding, an Abstemious Regimen, and gentle Laxatives, as Magnesia or Sulphur: The Bleeding should be performed just before that period of Pregnancy in which former Miscarriages have happened: When symptoms of Miscarriage have made their appearance, that is, when flooding comes on, the several means recommended, *page 257*, in an overflow of the Menfes, or Hæmorrhagy of the Uterus, are to be immediately had recourse to.

Miscarriages before the fifth month are seldom attended with any bad consequences; but, after that period, the presence of a Midwife is always necessary. Although Abortion has actually happened, the patient may still possibly be with Child, as she might be Pregnant with Twins.\*

*Complaints of Pregnancy.*—These are most commonly Acidity at Stomach, or Heart-Burn—Sickness and Vomiting—Costiveness and Hæmorrhoids—Hysterical and Fainting Fits.—Most, if not all these, will be, in a great measure, prevented, or much mitigated, by an abstemious and active life; by Bleeding at a proper period; by keeping the bowels open; by the use of Magnesia, Sulphur, or Castor-Oil, occasionally.

Of

\* A lady, who Miscarried at the fourth month, was delivered of another child at the full time.

## C H A P.

## XI.

*Of Parturition, or Child-Birth.*—It does not come within the plan of this Work, to treat of the practice of Midwifery; but I think it necessary to give a few cautions and directions, respecting Lying-in Women.

Happily for females in warm climates, they seldom stand in need of much assistance in delivery; they are more liable to suffer from the officious intermeddling of uninstructed persons, than from the want of manual help.

Sometimes, however, the necessity of this may be previously pointed out, by visible mal-conformation, or by circumstances attending former deliveries. In these cases, no prudent woman will trust to any accidental help, but will previously engage the attendance of those whose abilities are to be relied on.

It is of consequence, to distinguish between spurious and true pains, as much mischief is done by hurrying on labour prematurely; the strength of the patient may be exhausted, before the real labour comes on. Even when the pains are of the true kind, they ought not at first to be too much encouraged; the patient should have a Clyster administered; after which, she should keep herself as quiet as possible. Sometimes an Anodyne draught may be advisable; but all cordial drinks are to be abstained from, during ordinary labour, especially in the beginning; they may, however, in lingering and tedious cases, when the strength of the patient fails, become necessary. When labours are too long retarded, from the want of strength, from the wrong position of the child, or from deformity, &c. of the mother, the assistance of the Accoucheur, or Midwife, is to be timeously called in.

Midwives are frequently in too great haste to separate the Child from  
the

the Mother. The Navel-String ought never to be cut, till the Child  
 shews signs of respiration and life, by crying.

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The delivery of the After-Birth, is the work of nature; and, in ordinary cases, requires but little assistance; but, in cases where, from Morbid Adhesion, Spasm of the Uterus, &c. it is too long retained, as likewise in cases of violent flooding, endangering the patient's life, manual assistance is necessary.

The Diseases of Child-Bed Women are, floodings, after-pains, obstructed Lochia, Inflammation of the Uterus, swellings of the external parts, suppression of Urine, Inflammations of the Breasts, Fevers, &c. —To treat of these particularly, would require more space than can be here allotted to them. Recourse must be had, in such cases, to the experienced Accoucheur and Physician. I shall therefore confine my observations to the general management of Lying-in Women, and to the prevention of some particular accidents.

After delivery, an Anodyne, to compose the patient, and to procure rest, is, for the most part, advisable: The belly should be swathed moderately tight, and the patient kept quiet, and fed with the lightest aliments; except in cases of great weakness, after tedious Labour and Floodings, when Wine and Cordials will be proper.

In cases of *Flooding*, when the patient's life may be in danger, before assistance can be called, the means recommended, *page 257*, must be resorted to.—During Flooding, no cordials should be administered to prevent fainting, for, on fainting, the Hæmorrhagy ceases; and to occasion this, it is, by some, advised to put the patient into an erect position.

If



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If violent throbbing pains in the region of the Uterus, with strong Pulse, and a cessation of the flow of the Lochia, indicate *Inflammation of the Womb*, the patient should be bled; should have Fomentations and Poultices to the Abdomen, and Emollient Clysters frequently repeated.

Few of the Diseases and Accidents to which Lying-in Women, in colder regions, are subject to, occur here, or occur but seldom. The Milk Fever, the Miliary Fever, the Puerperal Fever; the last of which, in particular, is so fatal, are almost unknown, and therefore may be passed by here. I shall therefore conclude what I have to say on the subject of Child-Birth, by a few observations on *Suckling*.

The ordination of nature is apparent, and I would not insinuate any thing in opposition to what has been so frequently, and so strenuously, inculcated; *viz.* that Mothers should themselves nurse and suckle their Children; but sacred as this duty is, there are oftentimes reasons for dispensing with it; in warm climates particularly; where the weakly state of white women very generally unfits them for this office, the source of such exquisite pleasure to every woman, not lost to the feelings of nature.

The milk of the human breast is the only suitable nourishment for infants; there is no substitute for it; every other kind of milk or aliment, is not only insufficient to due nourishment, but is liable to cause Gripes, Convulsions, &c. Whenever, therefore, the Mother is, by debility or an unhealthy state, incapable of nursing herself, she must submit to the necessity of employing a Negro Nurse, as it is seldom that any other can be procured.

In choosing a nurse, it is needless to say, that she ought to be young  
and



and healthy, and that her child likewise (if she has one) should appear healthy; but these are points sometimes difficult to ascertain, and will require the exercise of professional skill: I have known infinite distress occasioned, by the want of due attention in this matter.

A negro woman employed as a wet nurse, is to use nearly the same kind of food as she had been formerly accustomed to; or at least she is not to be fed with much animal food, which will occasion complaints, both to herself and to the child. The breakings out on children, are frequently owing to this cause; that is, to their grossness, from an excess of rich nourishment.

If a woman, previous to her Lying-in, has, from unavoidable motives, determined on not suckling her child, means should be taken to prevent, as much as possible, a flow of milk to the breasts: For this purpose, they are to be frequently, before and subsequent to delivery, washed with Spirits, or strong Lavender Water; and the patient is to abstain, as much as possible, from liquids. If, notwithstanding, the breasts should be very much distended and painful, they must be drawn either by glasses, or by suction.\* They should be suspended by an handkerchief, or an appropriate bandage.

Where Suppuration threatens, Saturnine Poultices, *No. 114*, or Emollient Poultices, of Bread and Milk, are to be applied.

In case of abscess forming, the lancet is as necessary here, as in other cases; though it has, by some, been prohibited. A timely discharge of matter, from a depending orifice, will prevent much subsequent evil.

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Sore

\* The suction of young puppies, which are frequently destined to this office, is, for the most part, found easier than any other:

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*Sore Nipples.*—To prevent these, the Nipples should, for some time previous to delivery, be washed with Brandy, or a Solution of Alum.—To ease them, they may be sprinkled with Starch, or Powdered Gum Arabic—or washed with a Solution of Sugar of Lead, and with Laudanum.—When they are so bad, as to prevent the application of the Child to the Breast, they may be dressed with Spermaceti or Simple Ointment, which are made by melting together White Wax, with Spermaceti or Olive Oil.

*On the Diseases and Management of Children.*—It is melancholy to reflect what a great proportion of the human species are carried off in early infancy, almost as soon as they come into existence: This mortality not happening to the young of other animals, shews that it is not owing to natural causes, and may therefore, by proper attention, be at least in a certain degree prevented.

A warm climate is favourable to infant life, except in its tendency to occasion Lock-Jaw; and there are, therefore, few deaths among young children, but from this Disease, which rarely attacks any but those of negroes.

*Still-Born Children.*—A caution was before given, not to divide the Navel-string before the child shewed signs of life; but if these do not appear in proper time, and especially if the after-birth is come away, means ought to be employed for exciting the action of the heart; the child should be placed in warm water, whilst the lungs are frequently expanded, by blowing into them: These means, with frictions and warm applications to the *bregma*, or crown of the head, are to be continued for some time, where they do not immediately succeed.

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The officiousness of old Midwives is every where the same: Here, as in Europe, the child is no sooner born, than it is crammed with some unnecessary and pernicious matters, for *carrying off the Meconium*.—The thing most proper for this is, either Manna, or Castor-Oil, in a little thin Gruel, with which the child may be occasionally fed, till the Mother's Milk comes down, which is the purgative of nature.

The mode of *dressing the Navel* has been considered as of very great importance in preventing Locked-Jaw: How far fomenting the Navel daily, with a Decoction of Bark and Laudanum, and dressing afterwards with Spirits of Turpentine, may conduce to this purpose, I cannot say; the practice is certainly not always successful, but is doubtless proper.

The negro usage, of tying up the cut Navel-string with burnt rag, and never examining it for nine days, is attended sometimes with bad consequences. I have seen in sundry instances, a Sphacelus of the Ring from this neglect.

*Washing the Child*.—The pains that are ordinarily taken in washing the Child, and clearing the skin from the mucous incrustations, is not only superfluous, but is sometimes hurtful: And the rubbing it with spirits still more so. Gentle washing, in warm water, with a little soap, is at first sufficient, and the skin should be afterwards quickly defended against the stimulus of either cold or hot air, or any other irritation: Although I have cautioned against unnecessary scrubbing of the New-Born Infant, daily washing is advised, for subsequent cleanliness.

Most of the ridiculous customs which obtain in Europe, of swathing



CHAP. XI. ing and bandaging up Infants, &c. are happily laid aside here, and call for no animadversion.

The *Red Gum*, an eruption of Pimples like Measles, which sometimes appear a few days after birth, is hardly to be considered as a Disease, being attended with no uneasiness, nor followed by any bad consequence, except from repulsion, or where the eruption suddenly goes in; in this case, the Child is to be put into the Warm Bath.

The *Yellow Gum*, is a Jaundice to which young Infants are liable, from retention of the Meconium, or when the Bowels are not properly opened after birth.

The cure is effected by giving the Child, now and then, a tea-spoonful or two of a weak Solution of Tartar Emetic\* (half a grain to four ounces of Water), sweetened with Manna, till it operates by stool or vomiting, and afterwards, giving Castor-Oil in Gruel. If Convulsions happen, put the Child in Warm Water, and give half a drop of Laudanum.†

The *Sore Eyes* of young Children are occasioned by exposing them prematurely to the light. They should not be allowed to look at a window or a candle: This, therefore, is easily prevented or removed; but there is another species of Ophthalmia, affecting more particularly the edges

\* In the place of Tartar Emetic, which should be cautiously used with Children, an Infusion of Ipecacuanha, or a grain or two of the Powder, may be given, as directed further on.

† The best way is, to put one or two full drops into a little water, and then to give a fourth part, or half part, of this quantity.—The dose of Laudanum for Children under six weeks of age, should not be more than a single drop.



edges of the Eye-Lids, from which there is a purulent discharge. In this case, the Eyes are to be frequently bathed with Milk and Water, and Ointments made use of. See OPHTHALMIA, page 242.

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*Of the Trismus, or Locked Jaw and Jaw-Fall of Infants.*—The Locked-Jaw and Jaw-Fall,\* though contradictory terms, signify, in general, one and the same complaint; viz. a fixed Spasm of the Muscles of the Jaws, as in TETANUS, see page 194.

It is a Disease that carries off great numbers of negro children, within the ninth day from their birth,† and has been attributed to various causes; to the Meconium not being purged off; to the improper treatment of the Navel-string; to Cold; to Smoke, &c. &c.; but no attention that can be paid to any of these circumstances, has been found sufficient to prevent the Disease. It appears, therefore, from the inefficiency of any of the usual precautions, and from the Disease occurring only within the ninth day,‡ that how much soever any of the supposed causes

\* Though the terms Jaw-Fall and Locked-Jaw are used synonymously, the Jaw-Fall proper signifies that state of the Disease, where the mouth either remains open and spasmodically fixed, or else where the Chin falls down on the Sternum, from a supervening Paralysis: Several instances of which I have seen.

† This Disease is not wholly unknown in Europe. In Spain, Minorca, and some other countries on the Mediterranean, it is frequent. *Hic Morbus dudum obstrictus fere cognitus, ut in Occitania, Helvetia, Minorca, &c. et Medicis haecenus fere ignotus, apud recens natos à die ortus ad duodecimum est frequentissimus, et ita faneus atq; incurabilis censetur à Mulieribus, ut ne Medicos unquam accersant.*—Sauvages, Nos.—Clegg. *Dis. of Min.*—Heisteri *Medic. Compend.*

Dr. Moseley, however, is of opinion, that the Trismus of these countries is more a Convulsive Disorder, than a truly Tetanic one.

The Disease prevalent among Children in the Paris Hospitals, called Skin-Bound, *L'Enclassement du tissu cellulaire des Enfants nouveaux nés*, seems to be a Tetanic affection.—See Underwood, Vol. I.

‡ In Europe it is said to occur till the twelfth day is passed; but I have never seen it, that I remember, after the ninth.

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causes may conduce to the bringing on of the Disease, that it more immediately depends on a certain state and condition peculiar to Infants, within that period.—What that state arises from, Physicians are not agreed; but, as Tetanus in Adults is more frequently occasioned by wounds in tendinous parts, than by any other causes, and as the Tendinous Ring of the Abdomen, is, by the cutting of the Navel-String, put into the state of any other Tendinous Wound or Inflammation, it seems most probable to me, that the Locked-Jaw of Infants is more immediately the consequence of this, than of any other circumstance. This opinion is confirmed by the superior good effects of Laudanum, and Turpentine Dressings.

Tetanus is known to be the effect of other causes, besides wounds; it is particularly occasioned by obstructed perspiration; and it is, therefore, not at all improbable, that the alternations of heat and cold to which negro children are liable, in confined smoky huts, with broken walls, and in damp situations, may frequently conspire in bringing on the complaint, which is much more prevalent on some estates, and in some neighbourhoods, than others.\* It has happened that, on one estate, they have lost almost all their children, whilst on another, contiguous to it, they lost hardly any. No reason can be assigned for this, in my opinion, but the bleak and damp situation of the negro-houses; for the treatment of children was the same.

The conclusion to be drawn from the foregoing remarks, is this; that as the Disease may be variously brought on, it will not be prevented by attention to the Navel alone, or to any single circumstance; but by  
a strict

\* The Disease of this kind, before mentioned in the Note, page 269, is only known in Hospitals, and is therefore considered as arising from foul air. The seven days affection of the Infants of South-America, is probably also a Disease of this kind.

a strict attention to several circumstances collectively, it may be rendered much less frequent. This is confirmed by fact and experience: The delivering Women, in a Lying-in Hospital, as it is now customary on most large estates, where cleanliness is observed, where fires are prevented, where the Navel is duly attended to, &c. has proved the means, if not of wholly preventing the mortality, which formerly prevailed among negro children by this Disease, yet of greatly curtailing it: Upon some estates they never lose any.

The practice in several of the Lying-in Houses for Negro Women, and which I would recommend as the most effectual for the prevention of Locked-Jaw, is to apply to the end of the cut Navel-string, soft lint dipped in Spirits of Turpentine;† to foment daily with Decoction of Bark, to which may be added a few drops of Laudanum, or Tincture of Myrrh; and then to apply lint, moistened with oil and Spirits of Turpentine.—At the same time, one small drop of Laudanum is to be given to the Child, every night till the ninth day, and the bowels kept duly open by Castor-Oil, if necessary, as directed in page 268.

When the symptoms of Locked-Jaw are come on, there is little hope of recovery, in Infants, from any mode of treatment we are as yet acquainted with; but there are now and then instances of recovery. I have seen two or three Children recovered, by means of Blisters applied to the under Jaw.

Few of the means recommended in Tetanus, can be employed with the

\* If the authority of M. Dazille, quoted by Dr. Mosely, is to be relied on, the mortality caused by the Locked-Jaw, in the French Colonies, must have been great indeed; much greater than ever known among us.—See *rep. Dis.* page 517.

† This was first recommended by Dr. Chisholm, of Grenada.



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the same chance of success here, as in Adults.—Laudanum, in doses of two or three drops, frequently repeated by the mouth, as soon as the symptoms first shew themselves, and whilst any liquid can be got into the mouth: Afterwards, in large doses by Clysters.—Nourishment must also be administered by Clyster, and by putting the Child into a warm Milk Bath.—Rubbing Laudanum and Oil of Amber on the Spine, and on the Jaw; applying a Blister to the neck or under the throat, from Jaw to Jaw; taking Electric Sparks, &c. are the several means more particularly suited to the case of Children.

The affusion of cold water may be also tried,\* but I am not satisfied how far Mercurial Frictions are advisable.

The *Thrush*—(Aphthæ)—consists of small Whitish Pustules, or Ulcerous Specks, about the Tongue, the inside of the Lips and Cheeks of Infants.—These are, for the most part, easily cured, by touching them with Borax and Honey, or Alum and Honey, or with a Solution of White Vitriol;† but when the Disease is of a malignant kind, that is, when the Pustules are of a bad colour, and cover the whole Mouth and Fauces,‡ and if the Child has, at the same time, Fever, Gripes, and Looseness, it is very dangerous. In this case, the treatment must be nearly the same as in Putrid Sore-Throat.

*Putrid*

\* *Les Indiens ne perdent jamais aucun Enfant du mal de Machoire, parcequ'ils leur oignent le corps pendant les neuf premiers jours de leur naissance, avec une substance grasse et huileuse, qui les met à l'Abri des impressions de l'air. Dans le même vuës, des qu'ils ont fait la Section de l'Ombilic, ils appliquent sur les Vaisseaux Coupés, un Emplâtre agglutinatif.—Observations par M. Dazille.*

† The proportion of Borax, or Alum, to the Honey, should be about one eighth or tenth part. The parts are to be frequently touched, not forcibly rubbed, with this mixture, by means of a soft piece of rag, mounted on the end of the finger, or on a stick.

‡ The Disease is sometimes propagated along the œsophagus to the stomach, and through the whole intestinal canal.



*Gripes and other Bowel Complaints* —The Gripings and Cholic pains of young Infants arise, generally, from acidity, as is evident from the smell and green appearance of the stools.—Magnesia, and the Testaceous Powders, called Crab's Eyes, in suitable doses, are the proper remedies; but they should be generally mixed with Rhubarb, to prevent costiveness, and given in Aniseed or Carraway Seed tea, or beef tea. Sometimes a drop of Laudanum\* may be necessary.—When the Stomach and Bowels of Children are loaded with slime, a little Infusion of Ipecacuanha, as below,† will be proper to Vomit, and then a Purgative, of Rhubarb and Magnesia.‡

The *Vomitings* of Children are caused, either by the bad quality of the nurse's milk, or by a weakness of stomach in the Child; in the latter case, the Child may be made to take, occasionally, a tea-spoonful or two of the Infusion of Columbo-Root or Bitter Quassia.

*Looseness*.—The loose stools of Children, especially if they are slimy, green, and curdled, are not to be suddenly stopped. In this case, small doses of Rhubarb and Magnesia are to be first given, and afterwards the Chalk Mixture, No. 29.—If the Looseness puts on a Dysenteric appearance; that is, if the stools are frequent, white, slimy, and offensive, the Infusion of Ipecacuanha, as above, may be given, to vomit; afterwards continued in smaller doses; and a drop of Laudanum occasionally added; or two or three or more drops of Antimonial Wine may be given, from time to time. When the stools become natural, the Af-

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tringents,

\* The dose of Laudanum, for Infants under six weeks, is only half a drop, from a small phial, and not more than one drop afterwards, till the Child is six months old.—I have known three drops prove nearly fatal to a Child a month old.

† Take Ipecacuanha half a drachm; infuse in two ounces of boiling water: Dose of, the clear liquor, a tea-spoonful or two, every quarter of an hour, till it operates.

‡ Magnesia two parts; Rhubarb one part; mix: Dose, from five to ten grains.

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tringents, No. 30, 31, 32, may be given, in doses suited to the age of the Child.—The Starch and Astringent Clysters, No. 33, are also to be used.

*Costiveness.*—The Costiveness of Children at the breast, may depend on the diet of the nurse, and is to be removed by a suitable alteration in it. The proper remedy for it, in the Child, is Castor-Oil, not Magnesia and Rhubarb, which are commonly given.

*Eruptions, Discharges, and Excoriations.*—These are most frequently caused by a want of due cleanliness, or by grossness from too high living, on the part of the nurse.

In speaking of cleanliness, I shall take occasion to offer my sentiments on the subject of washing young Children. The Cold Bath being considered as a means of strengthening, the use of cold water with Children has been recommended for this purpose. How far it may be proper, under some circumstances, I shall not here consider, but the practice of washing young infants, indiscriminately, in cold water, I think highly reprehensible. Daily lavation is essential to the purpose of cleanliness, and highly conducive to the pleasure and the health of Children, but the water used ought to be, more especially in the first weeks, nearly of the temperature or warmth of the human body; rather colder than hotter. Where there are reasons for using the Cold Bath, the water can be made colder each time; but, when water is employed in this way, the Child, after being once or twice dipped, should be immediately dried and rubbed.

The *Eruptions* of Children, of whatever kind they may be, Rashes, Milk Blotches, &c. &c. are never to be dried up or cured, except by means,

means of Sulphur applications, whilst the nurse likewise takes Sulphur internally. In the Crusta Lactea or Scabbed Head, the dry scabs may be softened with Cream or Almond Oil, or expressed Oil of Mace. To prevent the scabs, when moist and running, from sticking to the cap, a little Flower of Sulphur may be sprinkled on the part, but Plantain-Sucker, interposed, is, perhaps, still safer.

If any Rash, or Eruption, going suddenly in, has brought on other symptoms, put the Child in a warm bath, and give a few drops of Antimonial Wine, or else an Emetic of Ipecacuanha Infusion, (*page 273*).

A *Running behind the Ears* is not to be dried up, or checked, except when excessive, and when the sores extend themselves, and put on a bad appearance: In this case, the Child is to be first purged, and a Blister is to be applied to the neck; then the sores are to be daily dressed with White Precipitate Ointment. A little Sulphur should be likewise given to the Nurse, or Child.—Where any bad consequences have followed the drying up the discharge behind the Ears, a little of the Powder of Cantharides may be sprinkled on the part, or some threads be smeared with Blistering Ointment applied.

*Convulsive Fits*—are brought on, sometimes by acidity of the Stomach, Flatulency, and Gripings of the Bowels; they may be occasioned by pins running into some part of the body,\* and are sometimes the consequence of repelled eruptions, or drying up of the discharge from behind the Ears; but the most frequent causes are, Worms and Teething, when that period is arrived. Previous to this, however, Children

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are

\* A young Infant, that died of Convulsions, was found, after death, to have a pin sticking in the opening of the head (the Bregma). Pins should, therefore, never be used in any part of the dress of Children, particularly in the head-dress.



C H A P. XI. are liable to Fits, not only from the causes above stated, but from others not easily ascertained. What are called *Inward Fits*, are nothing more than symptoms of uneasiness or oppression, from over-feeding, wind, or costiveness.

In cases of real Convulsion, the Child should be stripped. If costive, give, as soon as possible, a Clyster of Castor-Oil and Asafœtida Milk; if too loose, give a Clyster of thin Starch, with two or three drops of Laudanum: Put the Child up to the neck in milk warm water: After this, if it does not come to, the Breast, Abdomen, and Back-bone, may be rubbed with warm Spirits—Mustard Plasters put to the feet—Blisters to the inside of the thighs.—The Child may be provoked to cry, by slapping it on the buttocks, or to sneeze, by stimulating things applied to the nostrils. Should all these means fail, and the Child appears to be dead, it may yet be perhaps recovered, by blowing strongly through any tube, as a quill (if a Catheter be not at hand), into one nostril, the other nostril and mouth being closed. This must be repeated, at intervals, several times.

*Teething.*—The period for cutting Teeth commences about the fifth month, and is distinguished by irritability, and a disposition to inflammation. The latter is to be obviated by keeping the bowels constantly in an open state, and promoting the discharge. When, from irritation, the Child is thrown into Fits, or Convulsions, the gums should be lanced or scarified, to give way to the protruding Tooth. This should be done by a sharp instrument, not by a piece of coin, as has been recommended. Laudanum and Hartshorn, in a dose suited to the age, affords, in the last case, great relief.

Having



Having made a few such observations as were deemed most useful, on the several Diseases to which Children in early infancy are chiefly liable, I shall give some directions respecting the weaning and feeding of Children.

The only proper aliment for young Infants is, as was before noticed, the milk of the female breast; and this should constitute, for some time, its sole nourishment; but, as the mother or nurse may not have a sufficiency of milk, and as the Child, at a certain period, is to be weaned, it should be previously used to other food. Besides, there is, on some occasions, an absolute necessity for rearing children without the breast. It is therefore a question of much importance—What kind of nourishment is best to substitute for the human milk, or to mix with it?—The extreme mortality of the Children in the Foundling Hospital, was found to be owing to their diet, or the Bread Pap with which they were fed:—Where the milk of the breast is wanting, that of other animals should be used; cow's milk in particular;—that of goats is generally too rich and griping, unless diluted; to milk, by itself or diluted, may be added Indian Arrow-Root Starch, Tapioca, Cassada, Rice Flour, or pounded White Biscuit—or Bread, when new and well baked; but any of the foregoing articles are to be preferred to bread; which is frequently sour from age, or an excess of leaven.

Where acidity prevails, it is advisable to mingle a little broth, or animal jelly. Children in the West-Indies, who have healthy Nurses, thrive, for the most part, wonderfully well at the breast; but, notwithstanding this, if we follow nature, they should be weaned by degrees, as soon as Dentition or Teething commences: There is no necessity for fixing any strict limits to the period of nursing, or suckling; it may be protracted longer, in cases where children are sickly and weakly, unless

CHAP. less it should appear that they are so for the want of due nourishment.  
 XI. The method of feeding children, from a vessel with a spout, is preferable to that by the spoon or pap-boat.\*

*Worms.*—Having dwelt already too long on the subject of Children's Diseases, I must conclude this part of my Work by shewing, how the evils which children are incident to, from Worms, may be prevented, or removed.

Worms† in the Intestines, are the cause of complicated and dangerous symptoms; viz. Cholic Pains, Fever, Convulsions, &c.

The signs by which their existence in the Bowels is most certainly known (when they are not passed by stool‡) are itching and rubbing of the nose, swelling of the upper lip, grinding of the teeth, starting in sleep, voracious appetite, particularly if at the same time the Child falls off, and has a swelled belly, with a constant though slight fever.

Those children are most liable to Worms, who live on crude viscid aliments: A suitable mixture of light animal food, along with vegetables,

\* Dr. H. Smith contrived a vessel, something like a tea-pot, with a round nob on the end of the spout, perforated with several holes, to resemble the nipple.

† The Worms found in the Human Intestines are of several kinds:—1. *Ascaris*, of which there are two species, the Lumbricoid and Vermicular:—2. *Trichuris* thread-like worm, *Vera Quene*:—3. *Tænia*, which is of two kinds; viz. 1. the *Solium* or *Cucurbitin*, or Gourd Worm:—4. The Lata or Tape Worm:—The last is sometimes of a most extraordinary length, not less than 20 feet:—One patient has discharged 15,000 joints; but if the head comes away, no more joints are formed:—The *Tænia* is not immediately killed by boiling water.—See *Amanit. Academ. Mem. Med. Soc. Vol. V. 1799.*

‡ They are not only passed by stool, but frequently make their way through the mouth and nostrils: They have been also known to perforate the intestines, and escape by the navel.

bles, is therefore proper for children of every age, after they leave the breast. Wine and spirits may also prevent that state of the bowels favourable to the generation of Worms; but ought seldom or never to be given, at least not habitually, as they may cause symptoms fully as dangerous as those from Worms. The practice on some estates, of giving all the Young Children, every month, a dose or two of some Worm Medicine (as Cowitch or Cabbage Bark), and then a dose of Physic, is a very proper one, and the example should be followed in families. By these means, the consequences that so often follow from this cause, would be almost certainly prevented.\* All that need be added here, is a list of such Vermifuges as are generally to be preferred, with directions for the best mode of administering them. The Country Remedies; viz. Cowitch, Cabbage Bark, Contrayerva, Worm-Grass, &c. in my opinion, are by far the most efficacious and safe for general use, being suited to patients of every age (see APPENDIX, Country Remedies); but there are others that may be advantageously employed along with them, or better suited to particular cases; such as Calomel; Powder of Tin; Chalybeates: The Rust of Steel, in particular, which is easily administered to children, in Syrup of Ginger or thick Sago, is one of the best Anthelmintics. See other Anthelmintics in Appendix.

There are certain remedies more appropriate for one kind of Worms than another: For bringing away *Ascarides*, the small white thread-like Worms, that exist principally in the Rectum, exciting violent itching about the Anus, Clysters of Salt and Water, of the Smoke of Tobacco, of *Asiatida*, of Aloes, or Harrowgate Water, are all very effectual: The patient should, at the same time, take the Harrowgate Water, No.

70,

\* Children who are subject to Worms may take, now and then, a spoonful of the Infusion of Rhubarb and Bark, in Port-Wine.



CHAP. 70, internally—or Chalybeate Water, No. 58—or Flowers of Sulphur—  
 XI. —he may also eat Garlic.

The Tœnia, or Tape-Worm, is, of all others, the most difficult to destroy or bring away.

The Powder of *Mad. Noufer*, prepared of the Fern-Root, appears to owe its efficacy to the drastic Purgatives that are subsequently given. The forms suited to the expulsion of the Tape-Worm are, the Amalgam of Quicksilver and Tin; of which the patient may take one ounce every two hours, till he has swallowed one pound. (*Darwin.*)

In case of Convulsion being brought on, or threatened, it may be proper to give a Vomit, or a large dose of Calomel or Castor-Oil, to dislodge the Worms from the Stomach or Bowels.—Aloetic or Asafœtida Clysters, No. 72, may at the same time be administered; and the Abdomen rubbed with the Juice of Semperviv\*, (*Aloes persol.*) or Powdered Aloes may be sprinkled on a Burgundy Pitch Plaster, and applied to the Abdomen.

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\* Powdered Aloe, and Bullock's Gall, may be used in the same way.



CHAPTER XII.

*On the COMPLAINTS requiring CHIRURGICAL ASSISTANCE.*

THE title of this Chapter will not, I hope, lead any one to expect here a Treatise on Surgery. If I have been concise on subjects falling more immediately within the province of Medicine, I must be much more so on those belonging to Surgery; because a more particular knowledge of Anatomy is required, to the understanding of them, than what I can suppose the greater part of those, for whose use these pages are intended, are possessed of. There are, however, certain parts of Surgery, not very difficult either to comprehend or perform, and which it is of great importance for every one, whether of the profession or not, to know. A requisite degree of skill in these particulars, will qualify a person to be useful on many emergencies. On some occasions his own life, or that of his friend, may depend on it. Amongst other things more particularly necessary to be understood, are the operation of Bleeding, which even women might learn—the manner of reducing certain dislocations, attended with the danger of Palsy or immediate Death—the way of stopping Hæmorrhagies from Wounds, where any of the larger Arteries are divided, &c. It is, therefore, recommended to persons in every situation of life, to get themselves early and practically instructed in these, and a few other particulars; which they may be, very easily and fully, (without the necessity of attending a course of Anatomical Lectures), in the space of a few hours.\*

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Popular Lectures in Anatomy, Chemistry, &c. on the plan recommended by the ingenious, and useful Innovator, Dr. Beddoes, would be highly useful in every community.

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Having premised these remarks, on the necessity there is of people paying some attention to Surgery, as well as Physic, I shall proceed to make a few such observations, as are of more particular moment, in several of the maladies of the Human Body, requiring Chirurgical treatment.

## Of INFLAMMATION, ABSCESS, GANGRENE, &amp;c.

Phlegmons, and Inflammations,\* arise from different causes, in every part of the body, in warm climates as well as in cold ones, and are subject to the same terminations; but they are less frequent, and more easy of discussion, excepting the *Carbuncle*, which requires the most speedy means for preventing Gangrene. The general means for preventing the progress of Inflammation, wherever seated, are Blood-letting, Purgatives, Cooling Powders, No. 8, Cooling Diluents, Abstinence, &c. In external Tumours, Boils, &c. Cooling Embrocations may be also made use of, as Crude Sal. Armoniac, in Vinegar and Water, No. 125.—Warm Fomentations, with Chamomile Flowers, or Milk and Water; Cold Poultices with the Saturnine Solution, No. 113, 114.

When, from the increase of the pain, heat, and throbbing of the part, it appears that suppuration is likely to take place, warm fomentations, are to be frequently used, and then Emollient Poultices applied, such as Cassia-Bread, Milk, and Oil.

If

\* Inflammation is of two kinds; viz. 1<sup>st</sup>, Phlegmonic; which is accompanied with tumour and effusion, terminating frequently in suppuration.—2<sup>dly</sup>, Erysipelatous; of the skin only, attended with great redness, Blisters, &c. See ERYSIPELAS.

Inflammation produces different effects, according to the seat of it; 1<sup>st</sup>, In Skin; 2<sup>dly</sup>, Cellular Membrane; 3<sup>dly</sup>, Diaphan. Membranes, as the Pleura, Peritonum, &c.; 4<sup>thly</sup>, Mucous Membranes, as of the Nose, &c.; 5<sup>thly</sup>, Muscular Fibres; Tendons and Aponeurosis. See Carmich. Smith, on Inflammation.

If the maturation comes on slowly, acrid applications, as roasted Lily Root, &c. may be applied, to forward it. When the tumour grows soft, and a fluctuation of matter is felt, it should be, as soon as possible, opened by the lancet, not allowed to break; because it is seldom that a sufficient opening is formed in this way, or one the most favourable for the discharge of matter.

When the abscess is deep seated under the Muscles,\* and a fluctuation is evident, it must be either opened by a lancet, or else a seton introduced.—If the patient waits for a discharge superficially, or for its bursting through the skin, he runs great risk of Carious Bone, Hætic Fever, &c.

In the *Paronychia* or *Whitlow*, complete suppuration must not be waited for, as it seldom takes place; and, if the knife is not used in time, not only the nail comes off, but the last joint of the finger is endangered. A *Whitlow* is to be opened, not directly in the middle or side of the finger, but in a line between, by which means both the tendon and vessels are avoided. *Whitlows*, if the Inflammation be not too far advanced, may be discluded, by immersing the finger several times in hot water, or by holding the finger under the stream of the still, whilst rum is drawing off, or by covering it with a wet bladder, kept constantly wetted with Alkahol, or Æther.

Abscesses, when opened, are to be treated and dressed in the same manner as Wounds, which see page 287. It may be requisite to give the patient Wine, Opium, Bark, &c. or to confine him to a cooling regimen, according to the state of the discharge, and other circumstances.

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\* As in what is called Psoas, or Lumbar Abscess. See some new remarks on this subject in *Abernethy's Surgical Tracts*.



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The *Carbuncle* (Anthrax) is a Phlegmon or Boil, that from excess of Inflammation\* never suppurates, but runs on directly to Gangrene. — This is a species of Inflammation attended with the highest danger to the patient's life. After Bleeding, Calomel and Opium are to be given, in considerable doses: Cold water, made to drip incessantly on the part.†

If, by these or other means.‡ that may be employed, the Inflammation does not immediately begin to abate, the knife or caustic must be resorted to without delay, or a fatal Mortification will ensue.§

*Gangrene or Mortification*, rarely happens in warm climates, except from wounds or contusions.—Bark, Wine, and Opium, are requisite, for keeping up the powers of life.||—Antiseptic Baths and Poultices, externally, for checking Putrefaction; warm Spirits of Turpentine, and other stimulating dressings, for promoting the separation of the Sphacelated from the sound parts.—If incisions are made, or the knife employed, for removing any of the Gangrened mass, caution must be used, not to wound the sound living flesh.

*Of Erysipelas, the Rose, or St. Anthony's Fire.*—This Disease is so universally well known, that I hardly need describe it. It is a spreading Inflammation, with a deep red or rose colour, which disappears wherever the

\* It is called Carbuncle from its resemblance to the precious stone, which again is so named, from *Carbo*, *Ligno combusto*: Fire-Coal.

† See *Young*, in the *Med. Com.*

‡ The *Digitalis* or Foxglove, internally and externally, has been lately recommended, for taking off or lowering the excessive action in this case.

§ Mortification comes on from Carbuncle, sometimes within the space of twenty-four hours.

|| Musk and Salt of Hartshorn, as recommended by *Dr. White*. See *FORMS*, No. 72.



the part is pressed on by the finger. This circumstance distinguishes it from the former kind of Inflammation, called Phlegmonic.

In the Erysipelatous Inflammation, which is *cuticular*, or of the skin only, as in Blistering, there is seldom any formation of Pus, or purulent matter; but there is a strong tendency to Gangrene, as in Carbuncle. When it is, by any means, repelled from the face and neck, it is liable to attack the membranes of the brain, and becomes very dangerous. The treatment of this kind of Inflammation is, in common, the same as that of the Phlegmonic, except in the application of externals.

The patient is to be Blooded,\* Purged, and kept on a cool regimen; he may take the Powders, No. 7, 8, and drink Cream of Tartar, or Tamarind Beverage. If the Disease is in the face, or elsewhere in the superior part of the body, the feet may be immersed in warm water, or Mustard Frictions, or Blisters, applied to the legs.

Externally, no warm or liquid applications are to be used, but the part affected may be sprinkled lightly with Flour, Powdered Chalk, or Calamine, and thinly covered with wool, flannel, or cotton.

Where the eruption disappears, and delirium comes on, with other symptoms of the Disease being translated to the Brain, immediate and copious Bleeding is necessary; afterwards Blisters to the neck, and sharp Purgings Clysters, are also to be administered.

Should

\* Bleeding is more especially necessary, when the Inflammation is in the face. Some difference of opinion has prevailed, respecting the use of the lancet in this Disease; which being sometimes an Exanthematous one, and the accompanying Fever of the Typhoid kind, Bleeding will be improper; but, in ordinary cases, Venesection cannot be improper, though not always necessary, except in cases where it is seated about the head and neck. The famous *Haller*, labouring under an Erysipelas, lost no less than 8 lbs. of Blood. See *Zimmermann*, on Experience,

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Should the patient labour under symptoms that mark debility; as a low pulse, dejection of spirits, sighing, &c. the treatment in Nervous Fever, page 70, will be requisite;\* viz. Cordials and Sudorifics. If the appearance of the parts affected, shew a tendency to Ulceration and Gangrene, Warm Fomentations, Emollient Poultices, &c. are to be used, and the Bark given plentifully. In case of actual Mortification, warm dressings, &c. as before recommended under that head, page 284.

The Disease is very liable to return, and should be guarded against by an abstemious regimen, &c.

It is seldom dangerous in the legs; but is apt, particularly in old men, to degenerate into Chronical Ulcers. A particular species of it, called the *Shingles*, attacks the middle of the body, in the form of a zone or belt, occasioning numerous small Vesications or Blisters, which, on breaking, or being opened, form crusts or scabs, that in a few days fall off.—No washes or ointments should be used, for repelling this eruption, but the same method pursued as above recommended, in other cases of Erysipelas.

*Of Contusions and Sprains.*—The Inflammation, and other consequences from these, may be prevented by the timely application of Spirituous or Cooling Embrocations; such as Camphor and strong Rum; Opodeldoch, or Camphor and Rum with Soap, a little Laudanum being added; afterwards, if the symptoms are not removed, by the use of the Saturnine Lotion, No. 113, or by Sal. Armoniac and Vinegar, No. 125.

The debility remaining after Sprains in the Joints, may be removed by

\* See Opium, recommended in Erysipelas.—*Med. Comm.* 1788.

by the frequent affusion of cold water—by Stimulating Frictions, and  
by Electricity.

*Of Wounds.*—Wounds are more or less dangerous, not only from their seat, or the parts of the body divided, but from the manner in which they are inflicted, or as they are accompanied with laceration and contusion.

An *incised Wound*, or one made in any fleshy part, by a sharp cutting instrument, easily heals, by what is called the first intention, or by the process of nature, if the lips of the Wound be properly put together, and confined by bandage. Little more is necessary in the treatment of simple Wounds, than this adaptation of parts; but where they are large and deep, the needle is sometimes necessary.

Care should be taken to clear the Wound, previously, of any extraneous matters, and afterwards to prevent Inflammation.

When suppuration takes place in wounded parts, the dressings and treatment must be suited to the nature of the discharge, as in Ulcers, which see hereafter.

If Wounds are accompanied by profuse and dangerous Hæmorrhagy, the bleeding mouths of the vessels must be searched for, and tied; or Styptics, as Blue Vitriol, Turlington's Ballam, Spirits of Turpentine, &c. made use of.—When the Wound happens to be in any of the extremities; *i. e.* in the Arms, Legs, and Thighs, the bleeding can be stopped by compressing the artery above the part, by means of the *Tourniquet*; in the application of which, every person should be instructed.



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strusted.\*—A garter or fillet put round the limb loosely, so as that a stick may be put under, for twisting it tight, will serve the place of any other Tourniquet; but a thick hard compress should be laid over the part where the artery runs, and a piece of paste-board (the cover of an octavo book) placed between the skin and the ligature where it is to be twisted, to prevent injury.

The direction of the artery, both in the arm and in the thigh, is nearly that of the seams in our clothes. In the arm the tourniquet may be applied about the middle. In the thigh high up, or else immediately above the knee, placing the compress in the ham or hollow beneath.

The compression made, must be sufficient to stop the effusion of blood, but not greater, and must be continued no longer than a Surgeon can be got to take up the bleeding vessels.

The Hæmorrhagy may be sometimes stopped by completely dividing the artery, where it is only partially wounded.—Where the artery lies over a bone, as in the temples, or back of the head, &c. the bleeding may be stopped by simple pressure with the fingers.—When profuse Hæmorrhagy follows the drawing of a tooth, the socket is to be plugged with lint, dipped in a strong Solution of Blue Vitriol, or Spirits of Turpentine.

*Wounds of the Head* may be accompanied with a concussion of the Brain, Fracture and depression of the Bone,† the symptoms of which are a  
loss

\* Mr. Flizard, Surgeon of the London Hospital, many years since published a Lecture which he gave to the Pupils at the Naval Academy, instructing them on this subject. It is an useful little Work, which ought to be on every plantation in this country.

† Mr. Abernethy has shewn, that a slight depression of the bone may happen, without any bad symptoms; where these do not shew themselves, the operation of Trepanning is not absolutely necessary.—See *Chirurgical Treats*.



loss of sense, vomiting, &c. or else they are followed by an Inflammation of the Dura Mater (the Membrane covering the Brain), and a formation of matter which, by pressing on the brain, produces, some time after the accident, the same symptoms as Fractures in the beginning. In this case, there is a separation of the scalp from the cranium, over the part where the matter is lodged within, which leaves the place for trepanning, by which alone the patient can be saved.

The Inflammation, &c. of the Brain, from Wounds and Blows, may be prevented by Bleeding, Purging, and giving afterwards, every night, a large dose of Antimonial Wine and Laudanum; see Draught, No. 17, for some length of time.

*Wounds of the Thorax* are highly dangerous, not only on account of the Heart and large Blood Vessels there situated, but from Emphysema, or the escape of air, which sometimes inflates the whole body, in the manner in which Butchers blow up veal.\* When this happens, incisions must be made with a lancet, for the discharge of air, in the same manner as for the discharge of water in Dropsy.

*Wounds of the Lungs* are difficult of healing, from their continual action, in being alternately dilated and compressed, in respiration; if one Lung only is wounded, it is recommended to enlarge the orifice of the wound, so as that air may be admitted into the Thorax, to make the Lung collapse; by which means, it more readily heals, while the circulation goes on sufficiently well, by means of the other Lung.†

O o

*Wounds*

\* Impostors sometimes practise this, for exciting charity.

† Great danger has been apprehended from the admission of air into cavities, but on no good grounds, except in cases where the joints are opened.—See *Abernethy and Bell*, on Wounds.

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*Wounds of the Abdomen* are also extremely dangerous, from the internal Hæmorrhagy and Inflammation that generally follow; which, like those of the Lungs, can only be prevented by daily bleedings, to reduce the circulation almost to the lowest ebb, consistent with life. If the Wound happens to be large, and the Viscera protrude, these must be returned, if not wounded themselves; but, if the protruded intestine is wounded, it must be sewn; that is, one or two, or more, simple stitches, according to the length of the wound, put in, for bringing the sides into contact, and the threads left hanging out of the wound, after the gut is returned. Such accidents, though in the extremest degree dangerous, have not always proved fatal.

In *Gan-Shot Wounds*, the first and principal thing necessary is, a free dilatation of the Wound, when not in the joints, not merely for the purpose of extracting the ball, or other extraneous matters, but to allow of a subsequent discharge of matter. Although the Eschar formed by the ball, prevents any Hæmorrhagy from immediately taking place, there is great danger of its happening afterwards, when the Eschar falls off: This must be guarded against by bleeding, as above recommended, and keeping the patient in the most quiet state possible.

The dressings and applications in these Wounds ought to be of the emollient kind, till suppuration comes on: Afterwards, Stimulants; and, internally, the Bark, Opium, and Wine, may be necessary, as in cases of Abscesses, Ulcers, &c. The regimen, and many other things, proper in any of the foregoing situations, are so obviously dictated by common sense, that I need not say any thing of them.

*Of Burns and Scalds.*—The practice in Burns, &c. must be different, according to the degree of the injury.—The effects that are likely to follow.

follow Burns or Scalds, when only slight, may be prevented by the immediate application of strong spirits (Alcohol or *Æther*), immersing the parts in hot water, (*viz.* about one hundred and fifty degrees). Very cold applications to the part will serve the same end, of preventing vesication. When this has taken place, that is, when the cuticle is separated, the same applications may be employed for taking off the pain and inflammation, if the parts are previously covered with a wet bladder.

The parts affected may be wrapped up in cloths dipped in Vinegar and Water,\* with which they are to be kept constantly wet for some days, till the symptoms are abated, or the danger of inflammation is past. In Burns of the worst kind, the best application is Linseed-Oil and Lime-Water, mixed together in equal parts, with which the parts are to be frequently besmeared, and then covered.

The dressings proper for Burns are, Goulard's Water and Cerate; the simple Ointment made of Wax and Oil, or Spermaceti and Oil;† Turner's Cerate, &c.

If the ulceration be considerable, or if there be sloughs and mortification, the warm digestives, with Spirits of Turpentine, Tincture of Myrrh, &c. as in other Ulcers and Mortification.

The greatest care is to be taken, by Bleeding, Purgatives, and a Cool Regimen,

O o 2

\* This practice was first recommended, on great experience of its good effects, by a Gentleman (Mr. *Cleghorn*) at Edinburgh, concerned in a large Brewery.—see *Med. Facts and Is.*

† This is the application which has been long employed at the Carron Foundry in Scotland, where such accidents must inevitably and frequently happen.



C H A P. Regimen, to prevent Inflammation and Fever coming on, after Burns :  
 XII. Antimonial Opiates may be given to allay the torture, and Bark should be given, wherever there is danger of Mortification coming on, as must always be the case, where the injury is of much extent.

A late Writer (*Dr. Kentish*) on the subject of Burns, recommends, in the place of cooling and sedative applications, stimulant ones ; *viz.* Alcohol, Spirits of Turpentine, as, in all cases, preferable.

*Ulcers.*—The treatment of Ulcers is a subject of too much importance to be here omitted, but it requires much more room than can consistently be allotted to it in this Work. Some gentlemen, of more experience in this branch of practice, will, I hope, do it justice, and merit the thanks of the public, and planters in particular, whose interests are so deeply concerned. The number of negroes that are frequently laid up (more especially on certain estates), with Ulcers of various descriptions, occasions a great defalcation of labour—the means of preventing these, and a successful method of treatment, are therefore great desiderata. The tendency of every scratch or bruise in negroes, to run into a sordid and ill conditioned Ulcer, must be the effect of a particular habit of body, and this habit of body must be the effect of diet, which ordinarily consists too much of crude vegetables, without a due mixture of animal food, or in the use of animal food of a bad quality ; *viz.* salted herrings and salt-fish, which are not unfrequently in a semi-putrid state : Their taste and inclination lead them to prefer such food, and they therefore sell their own fresh pork and poultry, to buy these execrable articles ; *viz.* shads, salt-fish, half rotten salt pork, &c.

Another cause of the frequency of Ulcers among negroes is, an inattention in the beginning to any slight wounds, scratches, neglect in taking out



out chigoes,\* &c. and their continuing at their usual labour; by which means, inflammation is brought on, ending in a bad fore. There would, in any given time, be a great saving of labour on an estate, if no negro who had got a cut or bruise, &c. was allowed to go to his work, or to perform any labour erect, or standing on his legs, till the same was perfectly cured.

The soldiery,† as well as negroes, are very subject to Ulcers, and partly from the same causes; viz. a diet of too much salted food, but more so from the inordinate use of rum:‡ Independent of these causes, however, *climate* may have a considerable influence, by the relaxation it induces, which is unfavourable to healthy action in the vessels, or to that process which nature employs for curing wounds, either by the first intention, or by means of purulent matter: It is not improperly supposed, by a very judicious Writer, that febrile Miasmata may frequently be the cause of Ulcers.

Ulcers are of several kinds, and require a very various management, according to the state of the discharge, the constitution and habit of the patient, &c.; and it is from a want of due attention to these, which it is seldom in the power of Plantation Surgeons to pay, that Ulcers are of such long duration, and frequently become incurable. The usual unguents, and dressings, which Surgeons lately from Europe are in the

\* Amongst young negroes there are more Ulcers from neglected chigoes than from any other causes: which, wherever it happens, should be considered as a mark of disgrace to those concerned in the management.

† According to Dr. Hunter, the Ulcers in the Military Hospitals in Jamaica, are in the proportion of one third at Spanish-Town, one-half at Fort Augusta, and two-thirds at Stoney-Hill.—No method of treatment has been found successful, and they are therefore invalidated, and sent home.—Hunter, on the Diseases of the Army in Jamaica.

‡ Dr. Jackson, on the Fevers of Jamaica.

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the habit of directing are, moreover, not at all suited to sores in this climate. It is impossible here to describe all the different states and circumstances of Ulcers, or the management suited to each. I can only make a few general remarks, and enumerate the several species of dressing found most useful in the Ulcers of warm climates.

If the patient be of a healthy habit, and the discharge purulent, the simplest dressings are to be employed, as a slice of Bread or Cassada cake, soaked in Goulard's Water, or weak Solution of White Vitriol; with which the dressing first applied may be moistened occasionally. Nothing answers better than the dressings made use of by negroes, prepared of the leaves of certain succulent and mucilaginous plants,\* as some of the Arums (*viz.* the five-finger) and the malvacea, beat into a pulpy mass. No greasy unguents are to be ever or rarely used, unless Saturnine Ointment, and Turner's Cerate, for cicatrizing or skinning over the Ulcer, when perfectly filled.

If the patient be of a gross full habit, if there be a great deal of tumour, hardness, and surrounding inflammation, Bleeding may be sometimes, though rarely perhaps, necessary; but strong Purges of Calomel and Jalap are highly so, and afterwards Cooling Powders, *No.* 8; Cream of Tartar Drink, *No.* 9; the Cold Saturnine Lotion and Poultice, *No.* 113, 114; or Warm Fomentations, and Emollient Poultices, being applied to the part. The next state of Ulcer, by far the most common, is that where there is a flaccidity of the edges, pallidness of the

\* In the Public Hospital of this town (Kingston), where there are more cases of bad Ulcers than in any other Hospital perhaps in the West-Indies, these dressings, composed of bruised vegetables, (I am informed by my friend Dr. M'Larty), are found preferable to any others.

In the Bath Hospital, which I attended for upwards of sixteen years, and where there were a great number of Ulcers, I scarcely applied any thing else to healing sores.

The fore, and a thin sanious, ichorous, and offensive discharge. These circumstances shew the want of due and healthy inflammation, for producing laudable Pus; and no local applications will be productive of much benefit, if the patient be not put on a good regimen, with Bark, Elixir of Vitriol, Opium, &c.\*

The dressings most serviceable are, such as are Antiseptic and Stimulating; viz. Verdigrease, the guts of roasted limes, or four oranges, &c. In large Ulcers of this kind, called *Phagædenic*, and where there is much putridity, the Bark and Lime-Juice, or Cassada Poultice with Melassies, or with Charcoal Powder, Honey and Flour, &c. *See COUNTRY REMEDIES*, are the best applications; but the patient must, at the same time, be kept upon an Antiseptic and Alterant Regimen. *See the diet drinks under remedies for the Yaws, No. 120.*—The Nitrous Acid,† and Oxygene Air, have been of late advantageously employed in old Phagædenic Ulcers. *See Lues Venerea.*—The Cold Bath also will, in many cases, be productive of the best effects.‡

Another state of Ulcer is that attended with exuberant granulations of soft spongy flesh, or fungous excrescence: This sort of Ulcer may be dressed with a slice of Bread, or a piece of Cassada cake, dipped in a strong

\* Sundry external applications are recommended in this state of sore, Aq. Phagædenic. No. 121—Red Precipitate—Powder of Columbo Root—Rhubarb—Tartar Emetic, &c.

† Dr. *Crawford* has shewn, that in Cancerous and other Malignant Ulcers, the animal fibres undergo nearly the same changes as are produced in them by putrefaction, and destructive distillation: The purulent matter, formed for healing, is, in such cases, mixed with Animal Hepatic Air, and Volatile Alkali, or forming Hepatized Ammonia, which decomposes Metallic Salts, and accounts for the discoloration of Saturnine Potlities, and of the Tongue, &c. when Corrosive Sublimate is used.—*See Experiments and Observations on the matter of Cancer.*

‡ See *Henderson*, on the cure of Ulcers in warm climates, *Med. Comm.* 1789.



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strong Solution of Blue Vitriol; or in a weak Solution of Corrosive Sublimate, or the Aqua Phagædenica, No. 121: Or such Ulcers may be washed with these, and sprinkled with Red Precipitate Powder: A piece of paste-board, or thin sheet lead, placed over this kind of Ulcer, with a tight bandage, is of use, for repressing the fungous granulations.

This last species of Ulcer, as well as some others, is attended with callous or hardened edges, which prevent cicatrization, or healing; and must, therefore, be destroyed by the knife, Caustic, or Corrosive applications, as Blue Vitriol. The best way is to scarify first with a lancet, or pare off with a bistoury, and then to touch with Lunar Caustic, or Blue Vitriol.

The *Sinuous* Fistulous Ulcer, and Ulcers with *Caries*\* of the Bones, requiring more particularly the skill of the Surgeon, I shall pass them by.

In old Ulcers of the lower extremities, particularly when attended with Varices, or Swellings of the Veins, the laced stocking, or flannel roller, is of great use. There are many other Ulcers, *Mali Moris*, in the healing of which the use of an alterant regimen, the diet drinks, &c. may be of service. [See COUNTRY REMEDIES in the Appendix.†]

For

\* Though I cannot properly enter into the consideration of *Caries*, I must not omit recommending to the attention of Medical Gentlemen, the very ingenious and interesting publication of Dr. Mitchell, of New-Jersey, on the origin and prevention of the Diseases of the Bones.

† The following remedy has been highly recommended, as a very useful one in old and bad conditioned Ulcers; viz. infuse a table spoonful of the Crocus Metallorum, in three gallons of boiling water, for twenty-four hours; Pour off the liquor perfectly clear, and give a pint twice in the day.



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For the treatment of Cancerous Ulcer, Venereal Ulcer, &c. See C H A P. XII.  
*Cancer, Lues Venerea, Yaws.*

The healing of large Ulcers, when in a healthy state, may be promoted by the *dry Suture*, i. e. by the application of strips of sticking plaster across the fore, in several directions, so as to bring the edges nearer together, or towards the centre. (*Baynton*).

In large deep Ulcers, where there is a great loss of substance, it is useful to apply moderate compression around the circumference, to keep the orifice open, while granulations shoot up from the bottom.

The dressings are to be renewed, more or less frequently, according to the quantity and state of the discharge. Plenty of lint and tow should be placed, for the absorption of the superfluous matter.\* When the matter is purulent and healthy, too much care in wiping it off is hurtful. When it is serous and bad, the fore and neighbouring skin ought to be well absterged by proper baths or fomentations, (see Herbs proper, APPENDIX.)

An horizontal position, and rest, is, in general, necessary to the healing of Ulcers of the lower extremities, and in particular where there is much inflammation present; but the practice of confining negroes in the stocks, to prevent them from walking about, is to be objected to on many accounts. The air of an hospital, or hot-house, has a very bad effect on Ulcers. When the state of the fore, therefore, will admit of

P p

bandaging

\* It is very seldom that there is a sufficient allowance of lint and tow for plantation hot-houses. Certain invalids might be taught the manner of scraping lint, for which the old sheets, &c. would furnish plenty of materials. A substitute for tow might be procured, from the bark of the Mahoe &c. well beaten after maceration &c.

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bandaging with a flannel roller, and the patient can walk without pain, it will conduce to his recovery, to take moderate exercise.

Old sores are to be healed cautiously; Issues should be inserted, previous to their being dried up, and the patient should live abstemiously, take Sulphur, &c.

To prevent sores from breaking out again after healing, the tender skin, which is frequently subject to slight erysipelas, should be daily bathed with cold water, and when dried, sprinkled with flour or finely powdered chalk; and the leg afterwards bandaged tightly, with a flannel roller, beginning from the foot or ankle. This practice of sprinkling the surrounding parts with flour, &c. is useful whilst Ulcers are healing.

*On Herniæ, or Ruptures.\**—Notwithstanding the greater laxity of people in warm climates, Ruptures are not very prevalent, unless the *umbilical* or navel rupture of negro children, which is almost universal, but rarely attended with any inconvenience.

The other kinds of *Herniæ*, or Rupture, most common, are, 1. the *Inguinal*, or where the gut is protruded through the ring or opening into the groin: 2, The *Femoral*, where it descends under the ligament (called *Poupart's*) into the upper part of the thigh.

Care must be taken to distinguish between Hernia and Buboe, or other inflammatory tumor or abscess, which it is very easy to do from the

\* The etymology of words, or the derivation of names has been facetiously played upon by that humourist Dean Swift; e. g. Alexander the Great; *all eggs under the grate*.—Archimedes; *hark ye maids*.—The negro term for a Rupture, is *Boatwain*, or *Bow-sen*, from Bursten, the English name; and they call a Buboe, a *Blue Bear*, or *Blubore*.

the elastic feel of the former, when the usual symptoms of Colic pains, Costiveness, Vomitings, &c. are wanting.\*

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Every one knows the danger which Ruptures sometimes occasion, if not timely reduced; *viz.* inflammation and mortification of the gut, requiring an hazardous operation, called *Bubonocèle*.—When Ruptures therefore happen, whether they are attended with pain, &c. or not, they should be, as soon as possible, reduced and prevented from returning, by wearing an elastic steel truss, chosen of a size, &c. to fit exactly.

The way to reduce ruptures in the groin, and in the thigh, is to lay the patient on his back, with his head very low, so that the bowels may, by their own weight, draw in the protruded part of the intestine;† but to effect the return of the gut, it should be compressed by the palm of one hand, whilst it is conducted through the aperture by the motion of the fingers of the other.—The pressure of the fingers in the inguinal Hernia should be obliquely upwards and outwards; in the Femoral directly upwards. There is an address in this, not easy to be described, but may be readily learned, among other branches of Surgery requisite to be generally known.

If there be any difficulty in returning the gut, the patient should be largely bled, put into a warm bath, have strong Clysters administered;‡

P p 2

then

\* I knew a Surgeon who made this mistake, and directed fomentations and poultices to a Hernia in the groin of a lady, for the space of a week or ten days, under the idea of its being a Buboe.

† The method of hoisting the patient by the heels, over another's back, is very often successful, when other means fail.

‡ Clysters of tobacco smoke are directed, and are proper, where there is an apparatus present for the purpose.



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When cloths dipped in the coldest vinegar and water, repeatedly applied to the Rupture, or a wet bladder laid over the part, may be kept constantly moist with Æther; the evaporation of which will produce a great degree of cold, and therefore condensation of air, &c. in the gut, so as to render it more easily returnable.

When every method of reduction has failed, and the symptoms of Vomiting, &c. continue, there will be a necessity for the operation, which should be performed in time, before mortification comes on; otherwise the patient, if he survives, will pass his fæces afterwards, at the place either in the groin or thigh, &c.\*

*Of Dislocations.*—Dislocated or luxated limbs may be frequently replaced, without much knowledge of Anatomy, and as they are much more easily reduced, immediately after the accident than subsequently, when inflammation and swelling come on, it is of importance that the means proper for this end should be employed as soon as possible.

In what is called a *Dislocation of the Neck*, the patient dies immediately, if he has not the requisite assistance.—This accident happens most commonly from falls in riding; the chin is turned into his breast, his head on one side, he is black in the face, and totally senseless: These  
symptoms

\* The late Dr. Brodbelt, of Spanish-Town, related to me a most extraordinary case of a man who, in consequence of an operation for strangulated Hernia, passed his excrements in this manner, by the groin; having brought on a fresh inflammation of the parts, by cold caught in going out shooting in bad weather, the upper and inferior portions of the intestine came into contact; and united, so that he afterwards passed his stools in the natural way by the anus. No person who has read the excellent critical work of John Bell, on Wounds, will presume to doubt of the possibility of this, however wonderful it may seem.



symptoms are caused by a stoppage of the circulation, and by pressure of the subluxated joint of the neck on the spinal marrow.

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To prevent the fatal consequences of this accident, any person who happens to be present at the time, should immediately, and without delay, place the head of the sufferer between his knees, and pull the same forcibly upwards, whilst he presses with his knees against the person's shoulders, turning it at the same time round to its right position: When the due extension is made, the bones return into their place with a crack,\* and the patient is instantly relieved.

In *Dislocations of the Lower Jaw*, caused by yawning, bawling, &c. the mouth is wide open, and the jaw-bone turned inwards, or downwards, to the breast-bone, immovably fixed: The way to get it into its place is, for the person who acts as a surgeon, to place the patient on a low seat, fronting him, then putting his two thumbs into his mouth, while his fingers are at the same time applied to the angle of the jaw externally, to pull the jaw-bone first a little forwards, to detach it, and then with the thumbs, to press the two heads of it forcibly down. It is usual to cover the thumbs with leather, or linen, to prevent them from slipping.

The reduction of *Dislocated Ribs* is effected by making the patient suspend himself by one arm (*viz.* that on the side of the fractured rib), from a beam, while some one endeavours to replace the dislocated head of the rib, by his fingers:—Or the patient should, in some cases, bend himself forward, over a convex body, or a cask.—This is to be done also, when

\* Almost every one knows this, from what he has experienced in turning his neck round too suddenly, or too far.

CHAP. XII. when any part of the back-bone is injured, and the lower limbs are paralytic.

In a *Dislocation of the Collar-Bone*, at its junction with the sternum, the shoulders are to be forcibly drawn back by one person, whilst another presses on the dislocated part.

In attempting the reduction of *dislocated limbs*, as of the arm at the shoulder-joint, and of the thigh at the hip-joint, there are two things to be attended to: 1<sup>st</sup>. The extension necessary, is to be from the part of the limb nearest the dislocation; that is to say, in a dislocation of the shoulder, you are not to pull by the hand, but from the elbow: In a dislocation of the thigh likewise, you are not to pull from the leg or ankle, but from the knee: 2<sup>dly</sup>. At the same time that the requisite extension is made, you are gently to roll the bone about, or to humour the motions of it, so as to favour its return into the socket.

*Fractures*.—The skill of the Surgeon here is indispensable, the circumstances attending fractures, whether simple or compound, being so various, that no directions, however multiplied or minute, can preclude the necessity of surgical advice and assistance; but there are some precepts universally to be attended to:

1. When a bone of the thigh, leg, arm, or other limb, is broken, it is to be stretched out, but bent, and put into the easiest position possible, on a pillow.

2. No tight bandages are to be ever employed, but such only as can be opened, when necessary, for examining the state of the fracture, or the wound accompanying it.

3. The

3. The splints, whether of wood, pasteboard,\* &c. must be always of the whole length of the limb; *e. g.* in the leg, they must extend from the knee to the ankle; in the fore arm, from the elbow to the wrist, and so in other cases.

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These rules, which must be well understood by all Chirurgical men, are, some how or other, very frequently violated, to the too great detriment of the patient; and wonderful to relate, there are still some practitioners so ignorant, as to employ compress and bandage for *keeping down the rising end of the bone*; as it is called.

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\* The spatha of the cabbage-tree palm; that is, the sheath of the fructification, or spike, serves excellently well for the purpose of splints; and is, where procurable, when neither pasteboard or other splints can be got, proper.

## CHAPTER XIII.

On CASUALTIES; viz. STRANGULATION, SUFFOCATION, &c.

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FOR the treatment of persons in Swoons, or Fainting and Convulsive Fits, see Epilepsy, *page* 188—and Hysterics, *page* 198.

For the means of preventing persons from Bleeding to Death, see Wounds, *page* 287—Vomiting of Blood, *page* 133—Blood-Spitting, *page* 123.

For the treatment proper when persons have lost their Senses, from Blows on the Head, see Chapter on Surgery, *page* 288.

For the recovery of Intoxicated Persons, see Apoplexy, *page* 183.

*Coup de Soleil*, or Stroke of the Sun, see Apoplexy, *page* 183.

*To recover persons struck with Lightning.*—Lightning is the same thing as electricity; notwithstanding which, electricity is the most powerful means of restoring persons to life, who are Lightning-struck. Small shocks are to be sent through the thorax, after inflating the lungs with air, as directed in the Introduction, for recovering drowned persons. Cold water may be also thrown on the patient, and frictions used, as in other cases of Asphyxia, or sudden death.

From



From whatever accidental cause apparent death takes place; viz. from the noxious fumes of charcoal, metals, or sulphur, &c. or the stagnant vapours of vaults, mines, &c. the same general means of recovery are to be employed; viz. bringing the patient, as soon as possible, into pure and fresh air—throwing on cold water—blowing into the lungs with bellows, &c.—continued frictions and electricity, where there is an apparatus at hand.

*Strangulation.*—This happens, sometimes, from substances sticking in the gullet, and pressing on the wind-pipe. If these are not removed, they may prove immediately fatal, by preventing respiration; or, if that should not happen, they may bring on inflammation and other bad consequences.

Accidents of this nature are not very frequent; they happen, in this island, oftener to children, from swallowing Genip Stones,\* than any other cause; but they may happen from bones, from the rind of cheese, &c. &c.

If the substance be inoffensive, and susceptible of undergoing digestion in the stomach, it should be propelled forwards by the finger, *probang*,† or a wax taper; but if of a contrary nature, every possible means should be employed for extracting it, or causing it to return by the mouth. A smart blow between the shoulders, will sometimes have

Qq

the

\* Genip Fruit.—*Melicoccus*.

† The probang is a flexible piece of whale-bone, about 18 inches long, to the end of which is affixed a round piece of sponge of the size of a nutmeg. A string is to be passed through the sponge to draw it back, in case of its slipping off the end of the whale-bone. This instrument is very easily constructed, and ought always to be at hand in a family, and on plantations.

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the effect. A pinch of snuff may be given; the throat tickled with a feather; or, if a flexible Catheter can be made to pass by the obstacle, into the stomach, a Vomit may be injected. Vomiting may be excited by a poultice of Tobacco Leaves applied to the region of the Stomach, externally, or by a Clyster of Tobacco Decoction.

When the substances are metallic, or pointed, &c. if they cannot be reached with the finger or forceps, a piece of prepared sponge,\* affixed to a thread, may be forced down with a bougie, or piece of wax taper, beyond the obstacle; and afterwards, when dilated, or swollen by water swallowed, or by the absorption of moisture, retracted, or drawn back.

Should every method of extracting the foreign substance prove unsuccessful, and suffocation threaten, the *Trachea*, or Wind-pipe, is to be opened by the operation called *Bronchotomy*, which is very easily learned, but not so easily explained, without a knowledge of the anatomical structure.

If pins or needles are swallowed, acids should be given in considerable quantity, for several days, to corrode and dissolve them, so as to prevent the future bad consequences that might ensue.

Gold and silver are perfectly innocent; but if lead or copper be swallowed, acids must be abstained from, and oily matters given.

*On the recovery of persons apparently drowned, &c.*—How long a person

\* Prepared Sponge, is sponge that has been dipped in melted wax, and pressed by a heavy weight; by which means, its dimensions are lessened, till the wax contained in its pores is again softened by heat, and the pores of the sponge are dilated, by water imbibed.

son may remain under water, or be suspended by the neck, without being actually dead, or beyond recovery, it is difficult to say; but, if the time has not exceeded an hour, the means of resuscitation ought not to be neglected.\* These, as recommended by the different *Humane Societies*, and several Writers, are various, and some of them contradictory, in consequence of the different opinions entertained, of the particular or immediate cause of death in these cases. It was formerly supposed, that persons drowned were suffocated by water entering the trachea, or wind-pipe, but that is proved not to be the case;† and the means, therefore, recommended for making the patient discharge the water, as rolling him about, suspending him, &c. are not only unnecessary, but highly detrimental. The cause of death from submersion and suspension is, by others, supposed to be an impeded transmission of blood through the lungs, or stoppage of the circulation, from the want of air to distend them;‡ by others, it is referred to Apoplexy,§ occasioned by a stoppage of returning blood from the head; and lastly, since the discovery of the oxygenous principle in the atmosphere, death, in these cases, is supposed to be owing to the want of Oxygen, to mix with the black venous blood, and render it susceptible of stimulating the left ventricle of the heart. Several of these circumstances, or causes, existing at the same time, death must be the effect

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of.

\* From the reports of the Humane Society of London, it appears that few persons are recoverable, who have been three quarters of an hour under water. In cases where the time the patient has been in the water is not known, steps should be always taken for recovery, unless symptoms of putrefaction have taken place, as swelling of the body, cadaverous stench, &c.

† See Coleman, on *Suspended Respiration*. *Med. Com. Vol. XVI.*

A very small quantity of water enters the lungs, by the trachea, in drowning; and, when water is injected into the trachea of animals, in a larger quantity, it does not prove fatal, but is absorbed.

‡ Goodwin, on the *Connexion of Life with Respiration*. *Med. Comm. Vol. XIV.*

§ Kite. *Essay on the Recovery of Persons apparently Dead.*



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of their united operation, though it might possibly take place from any one of them; and which of them conduces more immediately to this end, the want of oxygene air, or the collapse of the lungs,\* and consequent stoppage of circulation, it may be difficult to determine, and is, perhaps, of little importance.†

Recovery, in all cases of apparent death from accident, but particularly in cases of submersion and suspension, is to be attempted principally by two means; *viz.* by inflation of the lungs with air, and stimulating the heart into action.

The lungs are to be made to play, by blowing strongly into them by a pair of bellows, through a tube inserted into one nostril, while the other nostril and mouth are closed, and then pressing on the ribs and breast-bone, to force the air out again, so as to imitate respiration. This must be frequently repeated, and continued for a length of time.

There is an apparatus for this purpose, which ought to be kept on every plantation near to rivers, or where the accident of drowning is liable to happen.—When this apparatus, or common bellows, are wanting, a strong person should blow into the lungs of the sufferer, through a tube or rolled card, inserted into one nostril, as above directed.‡

To

\* *Coleman.*

Upon a view of all the phenomena of drowning, &c. and the experiments made on animals, it would appear, that the more immediate cause of death, in these cases, is from the want of oxygene or vital air.

† Suspension of a dog did not occasion Apoplexy or death, when the trachea was open below the cord. Tying the wind-pipe of an animal at the end of inspiration, by which means there was a free transmissiion of blood through the lungs allowed, proved as fatal as if it had been tied at the end of expiration, when the lungs were collapsed.

‡ Although atmospheric air, or pure oxygene air, is more fit for the purpose than  
the



To excite the action of the heart, cordials are to be thrown into the stomach, by means of the elastic bottle, with a tube long enough to reach the œsophagus, or gullet.

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It is usual, also, to apply Volatiles to the nose, eyes, &c. but neither these, nor Frictions with Spirits, nor many other stimulants that have been advised, are proper, till the circulation is renewed, as there is already too great a congestion or accumulation of blood about the right side of the heart. Bleeding from the jugular veins (the veins of the neck) will be serviceable, whenever the patient is of a plethoric or full habit, but not otherwise.\*

The patient may be afterwards put into a warm bath, covered with warm ashes,† or warm bricks placed about the trunk, particularly on the left side; but the most important means of any is electricity, employed along with the inflation of the lungs. Gentle and repeated shocks are to be directed through the thorax or chest, whilst the lungs are distended with air blown into them, in the manner before explained.

The administration of acrid glysters, particularly of tobacco smoke, has been advised by some, but is strongly, and on good grounds, objected to by others.‡ But a clyster of tobacco smoke is thought necessary,

the vitiated air, proceeding from the lungs of another person; yet the latter is useful for inflating the lungs, and may be the means of restoring the circulation. See *Fothergill—Coleman*.

\* Bleeding is more particularly necessary in cases of suspension. A man who had been innocently executed, was restored; but, from neglect of bleeding, was afterwards strangulated, by the supervening inflammation and tumour. *Sauvagesii Nosolog.*

† In crop-time, in the West-Indies, warm water can always be had from the still tank, or ashes from the stove-hole.

‡ *Coleman*.

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cessary; the tube of a lighted pipe may be inserted into a clyster pipe, first introduced into the anus, and a person may blow through another pipe, the bowl of which is inverted over the lighted one.—Turpentine Clysters are to be preferred, or Clysters of Wine, with spice.

It is to be lamented that, notwithstanding the zeal that has been of late years displayed, in the humane undertaking of recovering persons apparently drowned, there are, comparatively, few instances of success. This is accounted for, 1. From the means not being timely employed.—2. From other accidents attending drowning, as blows, &c.—3. From the use of improper means, or from the use of proper means not being continued for a due length of time.\*

### On POISONS, and their ANTIDOTES, &c.

It is perhaps difficult to define, with precision, what poison is, and it is not necessary, for the term is well enough understood, without any explanation† It is also well known, that poisons are of many kinds, killing in very different ways, and requiring very opposite remedies. What is an antidote to one, will add to the virulence of another; nay, further, what is a poison to some animals, to others is perfectly innocent and salutary.‡

Each

\* *Vegilii Diatribe medico-politica de causis, &c.*—Med. Com. 1790.

† According to the several definitions given by ancient Writers, the most useful medicines, and things perfectly innocent in their nature, may come under that description. Many things are to be considered as only relatively poisonous, or according to the dose or quantity taken; but, more strictly speaking, that only is to be reckoned poisonous, which by its nature is calculated to produce no effects, but such as are destructive. *Nobis sola ducenda sunt, quæ corpori admota, id quatenus eorum actio nota est, solummodo prave afficit.*—*Drayton de Venenis.*

‡ E. g. Goats eat Hellebore, hogs the Hyosciamus, sheep Hemlock, as also the Malicaceous Apple, with impunity.

Each of the three kingdoms afford substances that are poisonous. The *Animal* Poisons are those of the Mad Dog, Serpents, Fish, and Insects. The *Vegetable* Poisons are of two kinds: 1. The *Acrid*; viz. Dumb-Cane, Manchioneal Apple, Milkwood, the Savanna Flower (*Echites Suberzetta*), called also the Nightshade. 2. The *Narcotic*; viz. Tobacco, Thorn Apple (*Datura Stramon.*), Manihot or Butter Cassia, Cabbage Bark, Worm Grass,\* Opium, Hemlock. The *Mineral* Poisons are Arsenic, Cobalt, Corrosive Sublimate, Antimony, Sugar of Lead, Copper, &c. Although the symptoms occasioned by the several Poisons are extremely various, according to the nature of the Poison, or as they are either taken into the stomach, or are mixed with the blood in wounds, they seem all to act either by an acrid irritating power, exciting inflammation in the part, or else by destroying, directly, the nervous power, or principle of life.†

*Of the Hydrophobia, or Poison of the Mad Dog.*‡—This, so far as I am informed,

\* Many other indigenous plants are suspected to be endued with Poisonous qualities, and to be in use among negroes, for occasioning a slow or distant death; but of this I have never seen any sufficient proof. That there are many things to be added to the list of Poisons, I believe; if the negroes are acquainted with them, they do not appear to employ them; as, where they are wicked enough to attempt empoisonment, it is generally by Arsenic or ground Glass.

† The suddenness with which the Poison of Serpents, and some other Poisons, operate, and the quick putrefaction which takes place, first in the part, and then through the whole body, has induced some persons to suppose them of a *Septic* quality, or that they act Chemically, in decomposing both the solids and fluids; but the Yellow Suffusion, and Hæmorrhagy, which immediately follow the Bite of Serpents, and which precede putrefaction, are probably owing to the same cause as the colour of the skin in Yellow Fever; not to bile absorbed, but to serum effused, in consequence of the relaxation of the exhalant arteries; and the subsequent putrefaction is owing to this effusion, and other circumstances connected with it. See account of a soldier who died putrid in a short time, from the Bite of a Serpent.—*History of Saw Jada Expedition.*

‡ According to some Authors, there is a spontaneous Hydrophobia, not arising from the Bite of any Mad Animal; but *Dr. Levriar* considers this as a different disease, or one depending on inflammation of the Pharynx.



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informed, has been never known oftener than once or twice in this island,\* though it is said to have occurred more frequently in some other parts of the West-Indies.† The only safety consists in prevention, there being no certain remedy, though many pretended ones. The prevention lies either in the destruction of the part bitten, or in excision, *i. e.* cutting it out. The adage, “*Ense recidendum immedicabile vulnus*,” is no where so applicable, as to this case. For the former purpose; *viz.* of destroying the wounded part, Vesicatories and strong Escharotics may be employed; *viz.* Blisters, Aqua-fortis, Caustic, Corrosive Sublimate; or, in the absence of them, the Actual Caution, or Red Hot Iron, or Gunpowder fired in the Wound. Ligatures about the limb, above the wound, may likewise serve to prevent the progress of the Poison into the system, by the absorbents. As the absorption does not appear to take place very suddenly, the means above recommended may be successful at some distance of time after the accident‡, and should therefore not be neglected.

As none of the Medicines recommended for the cure of Hydrophobia, have been found successful after the symptoms have come on, it is almost needless to mention them. Those on which the greatest reliance have been placed, are the following; *viz.* Cold Bath, Hot Bath, Musk, Mercurial Frictions, Olive-Oil, Vinegar, Alkaline Salts, Arsenic, Oxygen Air.§

Which

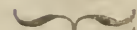
\* In 1783, and two or three years ago.

† Hilary.

‡ This is confirmed by some cases related by Dr. Parry and Mr. Jesse Foote.

§ There is a long list of specifics besides these, for the cure of the Bite of the Mad Dog; *viz.* The Tonquin Powder, consisting of Musk and Cinnabar; the Pulvis Antilypus, or Powder of Liverwort, of Mead; the *rm/kirk* Remedy, which is an Absorbent; *Palmaris's* Powder, composed of Bitter Herbs, &c.—The credit these nostrums have obtained,





Which of these is entitled to the greatest confidence, it is difficult to say. Those who wish for more satisfactory information on this melancholy subject, must consult the Authors referred to.\*

*Poison of Serpents.*†—It is the singular felicity of this and the other West-India Islands, to have no venomous reptiles.‡ I might therefore omit saying any thing of the Antidotes to their Poisons; but, as this Work may be found useful elsewhere, *i. e.* in countries§ where Serpents of this description abound, I shall point out what is most proper to be done, where persons have been bitten.

There is no certain Antidote to the Poison|| of Serpents, more than  
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ed, is owing to this circumstance; *viz.* that few of the animals supposed mad, are actually so. According to the old Proverb, give a Dog a bad name and hang him. Dogs suspected to be Mad, should be confined, but not killed, without sufficient proof of their being so in reality.

\* See George Cobb, Mead, Nugent, Dessault, Wolf, Hamilton, Shadwell, Ferriar, &c.—See, in particular, what *Dr. Simmons* says of Arsenic and the Indian Snake-Root Pills, communicated to the Presidency of Madras.—See case of Hydrophobia successfully treated, by Musk and Flowers of Zinc.—*Arnold—Rouley—English Review*, 1794.

† Most of the Serpents that are Poisonous, have two fangs, or moveable hollow teeth, in the upper jaw; but they are not always distinguishable. According to *Dr. Gray*, all the harmless Snakes have four rows of teeth in the upper jaw, whilst the Poisonous have only two. Out of one hundred and twenty-four species, only twenty-six are known to be venomous.—There are also other characteristics to be taken from the abdominal scales and the tail.—See *Pl. Tr. Vol. LXXIX—Encyclop. Brit.*

‡ The Gally Asp, a large species of Lizard, is said to be so. I have never been able to learn whether it be really so or not, but I suspect not. The animal is extremely rare, which is probably the reason of its being held in horror.

§ Most parts of North and South America.

|| It is fabled of the *Marsi* and *Pjylli*, two ancient nations, that they were Serpent proof. The same is asserted by *Savary* and *Bruce*, of the Egyptians, at the present day; and they relate a number of marvellous stories of the familiarities they use with these hideous reptiles; but, if they had read *Kampher*, they would not have been ignorant of the secret of these jugglers, which consists in making the Serpents first discharge their Poison, and in starving them. See *Amæn. Exot.*

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to that of rabid Animals; the principal security, therefore, as in the Bite of the Mad Dog, is in the extraction of the poison, or in the destruction of the envenomed part; but here there must be no delay, for such is the virulence or activity of this species of Poison, that unless it is instantaneously extracted, or decomposed by some application to the part, its lethal effects are scarcely to be prevented by any subsequent means.

Dreadful as the effects of this Poison are, when mixed with the blood, it is, however, perfectly innocent in the mouth and stomach;\* and may, therefore, with the utmost safety, (as is well known from the practice of Eastern Nations, both in ancient and modern times) be sucked out of the wound, either by the person himself who is bitten, if he can reach the part with his mouth, or by any other one standing by. In the next place, after suction, apply Caustics, or Red Hot Iron, as in case of the Bite of a Mad Dog.

To excite the system, and counteract the lethiferous operation of the Poison, when mixed with the blood, strong Emetics† are to be given, and then powerful cordials; viz. Brandy, or any other Ardent Spirit, Volatile Alkali,‡ &c. &c. The Alexipharmics,§ or such things as were formerly,

\* *Non gustu, vulnere nocent.* Celsus.

*Morsu virus halent, et fatum minantur.*

*Pocula morte carent.* Lucan.

Suction may be performed by cupping glasses, or by absorbent stones. Such Stones, called Snake stones, are used in the East, and among the Indians on the Spanish Main.

† *Foniana* recovered cats and dogs by Tarar Emetic.

‡ The *Eau de Luce* (succinated Ammonia) has been tried with great success in India. See *Asiatic Researches*, Vol. II.

§ Mithridate, Mungo Root, (*Ophiorhiza*), against the Poison of the Hooded Snake, Cobra la Capello, Seneka Root, (*Polygala*), and Horehound, against the Rattle Snake, Cocoon, (*Fevillea*), Habilla de Carthogene, against the Tomagas, Barber's Pole, and other

formerly, or that are in the present day, celebrated as Antidotes to Poisons, can act in no other way, than as stimulants in the stomach, and in keeping up the action of the heart.—[See *Mr. Williams*, in *Asiatic Researches*, referred to above.]

*Poison of Fish* \*—To what the Poisonous quality of certain Fish is to be attributed, is very uncertain: The notion that it is owing to their feeding on copper banks, is very unphilosophical, and not supported by any facts.† It is much more probable, from the sedative nature of the Poison, that it arises from their feeding on submarine narcotic plants. Crabs, when they live upon the Manchioneal Apple, are, in like manner, Poisonous.

The effects of Fish Poison are, extreme sickness at the stomach, gripings, cold sweats, cutaneous eruptions, sometimes Cholera Morbus, leaving behind a degree of Paralysis. Where the Poison does not prove fatal, the patient is, notwithstanding, long in recovering.

The effects of Fish Poison are frequently obviated by taking freely  
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other Serpents on the Spanish Main. See *Piso's* account of the *Cascia*, (*Euphorbia hirta*), as an Antidote to the Poison of Serpents. Roots of the Water Lily, said also to be an Antidote to the Poison of Serpents.

\* The Fish found Poisonous in this island are, the Yellow Billed Sprat, Barracuta, some of the Rays, Oysters, Muscles, and sometimes Lobsters and Crabs. See *Med. Mem.* Vol. V.

† 1. No such banks are known in these seas.—2. It is very unlikely that copper should enter into the composition of an animal; and, if it did, would be easily ascertained, not by a silver spoon, but Chemical tests.—3. The Poison appears, according to *Virey*, to lie only in the liver, entrails, and skin; that is to say, perhaps in the oil or fat.—4. The Poison is destroyed by curing or salting the Fish.—5. The Poisonous effects exhibited, are not entirely such as would be apprehended from copper; nor are the Antidotes found useful, such as are proper against the Poison of copper.



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of Brandy, or any other Ardent Spirit ;\* but, where symptoms of empoisonment have already come on, it will be proper, in the first place, to take an Emetic, and to drink plentifully of warm water, to bring off the contents of the stomach ; and afterwards to have recourse to strong cordials :—Ginger-Tea and Brandy, with Laudanum—Cayenne Pepper made into Pills, &c.—A Decoction of the Roots of the Sour-Sop, and an Infusion of the Flowers of the White Cedar, are recommended by *Dr. Grainger*,† as Antidotes to Fish Poison ; but I have never known them tried in this island.

What is above said on the subject of Fish Poison, I apprehend will apply to that of Crabs, Oysters, &c.

For restoring the lost tone of the bowels, after the immediate effects of the Poison are removed, the patient may take the Cocoon Bitters, Quassia Infusion, &c. The Bath Waters will also be found very serviceable to persons in this state.

It is probable that the *Rhus Toxicodendron*, or Poison Oak, found by *Dr. Alderson* so useful in other paralytic affections, would be of great service in those arising from the Poison of Lead, Manioc, and from Fish Poison.

*Poison of Insects*.—Notwithstanding the horror in which a number of these, as the Scorpion, Centipied, Tarantula,‡ &c. are held, and the terrible

\* It has often happened, that of several persons eating of the same Fish, some have escaped with impunity, whilst others have lost their lives ; and it appears, that those who drank most freely, suffered the least injury.

† See his elegant poem, entitled, *The Sugar-Cane*.

‡ The Tarantula of Jamaica is very rare. Its habitation is extremely curious, resembling the finger of a leather glove, the entrance to which is closed by an elastic valve.



terrible accounts that are given of the virulence of their stings, there are so few instances of their producing any dangerous or alarming effects, that I hardly think it necessary to speak of them. When much pain and swelling take place, the part may be rubbed with warm oil; or, should the general system seem to be affected, cordial Sudorifics may be exhibited.

*Mineral Poisons; viz. Arsenic, Corrosive Sublimate, &c.*—To obviate the fatal effects of these, they are either to be rendered inert, by decomposing them (if that can be done), or else the stomach and bowels are to be defended against their action.

If *Corrosive Sublimate* has been taken in a dangerous quantity, its fatal effects may be prevented, or greatly mitigated, by swallowing, immediately, an Alkaline Liquor,\* such as a solution of Salt of Tartar, or Lime Water, Ashes and Water, Chalk and Water, &c. The treatment afterwards proper, is the same as that recommended under the article (*Arsenic*).

In cases where a large quantity of *Tartar Emetic* has been taken, give large draughts of Warm Water; afterwards Laudanum.

In cases where Arsenic, Cobalt; &c. have been swallowed, the Liver of Sulphur† is recommended as a counter-agent; but I apprehend nothing

\* A Student of Physic, finding that he had, by mistake, taken several grains of Corrosive Sublimate, in the place of Tartar Emetic, availing himself of his Chemical knowledge, instantly drank a draught of water, in which he dissolved a quantity of Salt of Tartar, and felt no subsequent bad effects from the accident.

† Liver of Sulphur (*Kali Sulphurat.*) is made by melting 1 ounce of Sulphur with 5 ounces of Alkaline Salt (*Salt of Tartar*)—dose  $\frac{1}{2}$  drachm in water, several times in the day.—The effect of this, in restraining the action of Mercury, or in stopping Salivation, is remarkable.—See Dr. Garnett, in *Beddoes's Commun.* Vol. IV.

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thing here can be safely trusted to but drinking largely of demulcent liquors, to defend the parts, and to wash away the particles adhering. Oil and Water, Cream and Water, or Warm Milk, are what are usually given, and the best suited to answer the above purpose. The patient should continue to take large and frequent draughts, till he finds the symptoms relieved. Bleeding may be necessary, to prevent subsequent Inflammation, and the patient must take none but the blandest aliments, such as Indian Arrow-Root Starch, Sago, Fat Broths, &c. &c. If the inflammation of the stomach prevents the patient taking any food, he must be nourished by Clysters.—See INFLAMMATION OF THE STOMACH, page 114.

Copper and Lead may be called culinary Poisons, on account of the vessels employed in cookery, pickling, and confectionary, being frequently composed of them. I need not here point out the danger that accrues from this practice.

The Poison of *Copper* causes vomitings, and blotches on the skin :— Give large draughts of Warm Milk and Water, or Warm Water, with Liver of Sulphur, or Alkaline Salt, dissolved in it,\* as advised in the preceding page, under Corrosive Sublimate.

*Lead*, in whatever manner taken, whether in wine that has been adulterated by the Sugar of Lead, in rum contaminated by the still-worm, &c.† or whether it has been communicated by the glazing of jars,

\* *Fourcroy.*

† The presence of Lead in any wine, or liquor, may be ascertained by a solution of Hepar Sulphuris, in water. A few drops of this, added to a glass of wine containing Lead, will turn it, more or less, of a dark or brown colour, according to the proportion of Lead it contains. If there be no Lead therein, the liquor will be of a dirty white colour. *Dr. Watson* directs the Hepar Sulphuris to be prepared thus: Take 1 ounce

fire, &c. produces Cholick pains, and Palsy of the extremities, as in Dry Belly Ache [*see* DRY BELLY-ACHE, page 102]. Remedy—Oily Purgatives.—Workers in Lead guard against its effects, by using fat broths.

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*Powdered Glass* is a mechanical Poison, the particles of the glass pricking and tearing the bowels in their passage through them. To defend the bowels, give Mucilage of Gum Arabic, Emulsion of Spermaceti, Emulsion of Wax, Oily mixture.—If inflammation has come on, Bleed, and give Oily Laxatives.

*Vegetable Poisons*.—These, as was before said, differ much in their nature; some acting as Acrids, exciting inflammation; others, as Narcotics, exhausting or destroying the vital principle. Among the indigenous plants of the former class, or *Acrids*, may be ranked the *Dumb-Cane*, and perhaps the *Manchineal Apple*. The former is so pungent and irritating in the mouth, that it is impossible to swallow it, and therefore not apt to occasion further danger, than from inflammation and swelling about the fauces\*. The Manchineal Apple is also so disagreeable, from its acrimony†, in an unripe state‡, that few people will

ounce of Quick Lime,  $\frac{1}{2}$  ounce Flour Brimstone; boil together, in a pint of water; pour off the clear yellow liquor (when cold) for use. [*See Chem. Essays*, Vol. III.]—But more accurate methods than the above, may be seen in *Fourcroy*, and in the *Encyclopædia Britannica*, under the word Wine.

\* *Dr. Wright* says, that he has known negroes attempt to poison themselves with it, but in vain.

† *See Browne's History of Jamaica*. The sap or milky juice with which this tree abounds, is so acrid as to inflame and blister the skin, wherever applied; but the accounts given by voyagers, of the danger arising from standing under the noxious exhalations from the leaves, &c. are fabulous, or exaggerated; they are, however, realized in some measure, in the *Rhus Toxicodendron* or Poison Oak in America, and in the *Upas* or *Macassar Poison*.—*See Kalm's Travels*.—*Iken's Essay on the Poison Oak*.—*Kempfer*.—*Encyclopædia Britannica*, under *Poison*.

‡ *See Lorg's History of Jamaica*.



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be tempted to eat such a quantity of it, as is likely to prove fatally noxious. The effects produced by it are vomiting, and afterwards a burning heat of the stomach : The remedies advised, are Oily Mixtures and Emulsions, as in other cases, where acrids have been swallowed.—*Dr. Grainger* recommends as an Antidote, the Milk or Sap of the young branches of the Wild Fig-Tree and Sea Water. These being frequently found in the neighbourhood where Manchioneal Trees grow, may be tried, if other things, more to be relied on, are not at hand.

The Nightshade or Savanna Flower [*Echites Suberecta*], which is highly deleterious, is also probably an acrid plant, being milky ; or it may be, at the same time, narcotic. The roots of the Cane-Piece Sensitive Plant [*Cassia Chamæchristæ*] are reputed an Antidote. *Dr. Wright* directs two quarts of the decoction to be taken in the day.\*

I shall proceed to mention such of the Vegetable Poisons as are deemed Narcotic.

Cassada, or Manioc [*Jatropha Manihot*].—The root of this plant, from which is prepared an excellent food,† is, in its recent and succulent state, a deadly Poison, as is well known from the many melancholy instances of its effects, which, from time to time, occur. It brings on violent Retchings, Purgings, and Convulsions, but dissection shews no signs of inflammation of the stomach ; whence it is obvious, that it acts only on the nervous system.

The

\* The first account of this is by *Dr. Milward*, in the *Phil. Trans.* No. 462.

† Not only the Cassada Bread, and the Farine de Manioc, are prepared from this, but Starch similar to that of Indian Arrow-Root, and the elegant kind of Sago, called Tapioca.



The most efficacious remedies against this Poison are, first Absorbent Earths,\* and Alkalies; afterwards, Cordials and Stimulants.—Give two scruples of Salt of Wormwood, in Mint Water.—If Salt of Wormwood or Tartar be not at hand, give a small quantity of Ley of Wood-Ashes, with a little Ginger-Tea—or a mixture of Chalk and Water.—Afterwards give large doses of Cayenne Pepper, or the Infusion of Capsicum. See Forms, No. 77.

Where the remedies are not timeously used, the empoisoned person seldom recovers, though he may linger for some time.

Many of the Vegetable Poisons are employed in Medicine, and are efficacious†; but, in large doses, dangerous remedies: Such as Opium, Hemlock, Wolf's Bane, &c.—The general Antidote is, the Vegetable Acid; that is to say, Vinegar and Lime-Juice.

*Opium.*—If a person has, either intentionally, or by mistake, taken an over or dangerous dose of Opium, either in a solid or liquid form, a Strong Emetic is to be instantly, or as quickly as possible, given; viz. half a drachm of White Vitriol, or a wine-glass full of a strong Solution of Tartar Emetic, every five or ten minutes, till it operates: After this, give large and repeated draughts of Vinegar, or Lime-juice and Wa-

ter.

\* The Antidotes to this Poison were both discovered in a manner rather casual, or accidental. It was observed that hogs, though subject to be poisoned by drinking the expressed juice, or by eating the washed roots, suffered no injury from what they turned up out of the ground, and eat with the earth about them: Nay, the Indians of South-America make a sauce of the Poisonous Juice, by the admixture of Salt and Cayenne Pepper, which renders it innocent.—See *Browne's History of Jamaica*—*Clark in Med. Facts*, Vol. VII.—Also, *Leng's History of Jamaica*.

† The *Rhus Toxicodendron* lately introduced by Dr. *Alderford*, promises to be a very important remedy in Palsy. See *Alderford's Essay on the Rhus Toxicodendron*.

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ter.\*—Every kind of stimulus must, at the same time, be employed, to prevent sleep; which, if it once takes place, will in all probability be eternal.

The same treatment will answer, in obviating the danger that accidentally occurs from the Worm Grass, and the Cabbage Bark, the two powerful vermifuges in common use.—The same may also serve in cases, where the Thorn Apple (*Datura Stramon.*), which abounds in many places in this island, has, by any accident, been taken; but against this, Emetics, and Oily Clysters, have, in particular, been recommended.†

The *Digitalis*, or Fox-Glove, a Medicine greatly celebrated in Dropsy and in Consumption, is a plant of this kind; but the Antidote to its deleterious effects, is Opium. Against the Poison of Laurel Water, Bitter Almonds, &c. so frequently employed in pastry, the Antidote is Volatile Alkali; that is, Spirits of Hartshorn, or Spirits of Sal Armoniac.‡

*Musrooms.*—These sometimes have the same Poisonous effects as Cassia or Fish; against which the same remedies as recommended in page 316, are proper.

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\* The Author had the felicity of recovering, by this mode of treatment, a child of his own, eight years of age, who had, out of mistake, taken a wine-glass of Laudanum, in the place of the Decoction of Bark.

† See *Med. Facis.*

‡ *Mead.*

# A P P E N D I X:

## C O N T A I N I N G

1. *A Collection of FORMS or RECEIPTS for MAKING-UP the MEDICINES recommended in the Work.*
2. *A Catalogue of such MEDICINES, in their requisite quantities, as are more especially necessary to be kept in FAMILIES, and on PLANTATIONS.*
3. *A Table of the WEIGHTS, MEASURES, DOSES of MEDICINE, &c.*
4. *An Account of all the SIMPLES of the COUNTRY, whose virtues and uses are known, with the manner of exhibiting them, their Doses, &c.*
5. *Index of DISEASES, with the SIMPLES suited thereto.*
6. *An Alphabetical Index of the SIMPLES of which an account is given.*

## EXPLANATIONS TO APPENDIX.

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THE *Weights and Measures* made use of in administering Medicines, are, Grains, Scruples, Drachms, Ounces, Pounds, or Pints, &c.

|             |      |                  |
|-------------|------|------------------|
| 20 Grains,  | make | 1 Scruple.       |
| 3 Scruples, |      | 1 Drachm.        |
| 8 Drachms,  |      | 1 Ounce.         |
| 12 Ounces,  |      | 1 Pound or Pint. |

A Tea Spoonful of any Liquid is considered to be 1 Drachm.

Two Table Spoonfuls, 1 Ounce.

A Wine-Glassful, 2 Ounces.

*The contractions used are :*

gr. for Grains.  
scr. for Scruples.  
dr. for Drachms.  
oz. for Ounces.  
lb. for Pound or Pint.

APPENDIX.



# A P P E N D I X.

## P A R T F I R S T

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### F O R M S O F M E D I C I N E S.

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#### No. 1. *Ipecacuan Vomit.*

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**T**AKE Powder of Ipecacuan, from 10 to 20 gr.—To be taken in Water or Chamomile Tea.—A grain of Tartar Emetic may be added, when a stronger Vomit is required.

#### 2. *Purging Salts.*

Glauber's Salts, or Bitter Purging Salts, from 6 to 10 dr.—Dissolve in 4 oz. of Bitter-Wood Infusion.

#### 3. *Ptisan of Tamarinds and Salts.*

Strong Tamarind Water, 1 pint.—Purging Salts, 10 dr.—Dissolve.—Dose, 4 oz. every half hour, till it operates.

#### 4. *Tamarinds and Cream of Tartar.*

Tamarinds, 2 oz.—Manna, 1 oz.—Cr. Tartar, 2 dr.—Water, 1 pint.—Boil a little; then strain.—Dose, the same as No. 3.—To render this more active, Senna Leaves, 2 dr. may be infused in the hot decoction, or 2 gr. of Tartar Emetic may be added.

#### 5. *Jalap and Cream of Tartar.*

Powdered Jalap, 1 scr.—Cream of Tartar,  $\frac{1}{2}$  dr.—Mix.—Take in thin Syrup of Ginger, or Ginger-Tea.

T t

No. 6. *Jalap*

## FORMS OF MEDICINES.

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Powdered Jalap, from 15 to 25 gr.—Calomel, from 3 to 6 gr.—Take in Syrup of Ginger, or made into Pills, with the same.

7. *Nitrous Powders.*

Powdered Nitre, and White Sugar, each 2 dr.—Camphor,  $\frac{1}{2}$  dr.—Rub together in a marble mortar, and divide into 12 Doses.—One to be taken every two or three hours.

8. *Cooling Powders.*

Nitre and Crude Sal. Ammoniac, each  $\frac{1}{2}$  dr.—Cream of Tartar, 1 dr.—Mix, and divide into 6 Doses.—One to be taken every three or four hours, or oftener.

9. *Antimonial Powder.*

Pulvis Antimonialis, or else James's Powders, from 1 scr. to  $\frac{1}{2}$  dr.—White Sugar, 1 dr.—Rub together in a marble mortar, and divide into 6 Doses.—One to be taken every two hours, in a little Barley-Water.

10. *Antimonial Powder, with Calomel.*

Pulvis Antimon. or James's Powder, from 3 to 5 gr.—Calomel, from 5 to 10 gr.—Mix, for 1 Dose.—To be taken in Barley-Water, or thin Panada.

11. *Saline Julep.*

Salt of Wormwood or Tartar, 2 dr.—Dissolve in half a pint of Mint-Tea.—To 2 table spoonfuls of this, in a small tumbler glass, add one table spoonful of strained Lime-Juice, and take it whilst effervescing, or frothing, or else immediately afterwards.—N. B. Trial should be first made of the exact quantity of Lime-Juice requisite to neutralize the Alkaline or Salt of Wormwood Mixture.—When the Essence of Peppermint is at hand, common water may be used in place of Mint Tea.

12. *Rhubarb and Cream of Tartar.*

Powdered Rhubarb, 1 scr.—Cream of Tartar, 10 to 20 gr.; or more.—Take in Ginger-Tea.

13. *Mindererus's Mixture.*

Mindererus's Spirit, and Water sweetened, each 4 oz.—Dose, 2 table spoonfuls every hour or two.

Nó. 14. *Campho-*

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### No. 14. *Camphorated Mixture.*

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Camphor,  $\frac{1}{2}$  dr.—Rub it in a marble mortar, with 2 dr. of White Sugar, adding first, a tea spoonful of Rum or Brandy; then gradually, afterwards, 8 oz. of boiling water.—Dose, one or two table spoonfuls every two hours.

### 15. *Camphorated Mixture with Spirit Mindererus.*

Add to the above Mixture, an equal quantity of the Spirits of Mindererus.

### 16. *Infusion of Snake-Root.*

Virginian Snake-Root, 2 or 3 dr.—Infuse in a pint of boiling water, in a tea-pot or other close vessel.—Dose, a wine-glass full by itself, or with the Camphorated Mixture, No. 14, or with two tea spoonfuls of Brandy, every two or three hours.

### 17. *Antimonial Opiate.*

Water, sweetened, or Mint-Tea, a small wine-glass full.—Antimonial Wine, from 20 to 50 drops, or more.—Laudanum, from 25 to 40 drops.—For a draught at bed-time.—N. B. When there is no Antimonial Wine at hand, one or two grains of Tartar Emetic may be substituted in the room of it.

### 18. *Cordial Julep.*

Spiced Wine, (that is Wine in which Spices, viz. Cinnamon, Nutmeg, Cloves, or Pimento, have been boiled), and Water, each 4 oz.—Volatile Spirits, (that is, Spirits of Hartshorn or Spirits of Sal. Ammoniac), two or three tea spoonfuls.—Spirits of Lavender, the same quantity.—Dose, a table spoonful or two frequently.

### 19. *Musk Julep, with Æther.*

Musk, 1 or 2 dr.—Rub in a marble mortar with  $\frac{1}{2}$  oz. of Sugar, adding first two tea spoonfuls of Brandy or Spirits of Lavender, then gradually afterwards 7 oz. Water.—When poured into the phial add two or three tea spoonfuls of Æther.—N. B. Laudanum (one tea spoonful) may be also added.

### 20. *Cordial Astringent Julep.*

Red Port Wine in which Cinnamon and Pomegranate-Bark have been boiled.—Sweeten with Guava-Jelly.—N. B. An earthen vessel must be used, not an iron one.

No. 21. *Decoction of Bark.*

Coarse Powdered Bark,  $1\frac{1}{2}$  oz. or 2 oz. — Water, 3 pints. — Keep it over a gentle fire till nearly one-third is consumed; then let it settle, and pour off clear, or strain through a coarse cloth. — To 1 pint of the Decoction may be added any of the following articles, as they may be required, *viz.* Elixir of Vitriol, 2 tea spoonfuls. — Spirit of Salt, 2 tea spoonfuls. — Huxham's Tincture, 1 oz. — Aromatic Tincture, 1 oz. — Spirits of Cinnamon, 1 oz. — Spirits of Mindererus, 4 oz. — Oxy-mel of Squills, 1 oz. — Crude Sal. Armoniac, 2 dr.

22. *Tartar Emetic Solution.*

Tartar Emetic, 4 gr. — Warm Water, sweetened,  $\frac{1}{2}$  pint. — Vinegar, 1 or 2 tea spoonfuls. — Dose, a wine-glass full every 15 minutes till it operates upwards or downwards, or both. — When intended as a Sweat, add 1 tea spoonful of Laudanum, and give two table spoonfuls every two or three hours.

23. *Clysters of Bark.*

Fine Powdered Bark,  $1\frac{1}{2}$  oz. — Indian Arrow-Root Starch, 3 dr. — Mix together in a mortar, adding, by little and little, (as in making starch), 1 pint of Water; then put it into a saucepan and set it over the fire, stirring it till it comes to the consistence of thin starch. — The whole is to serve for three Clysters; one to be given every four hours.

24. *Mead's Powder.*

Powder of Chamomile Flowers,  $\frac{1}{2}$  dr. — Alum and Myrrh, each 5 gr. — Mix for a dose to be taken two or three times in the day, or four hours before the Ague. — Fit is expected.

25. *Volatile Liniment.*

Olive-Oil, 2 oz. — Spirits of Sal Armoniac, 1 oz. — Mix, by shaking them in a phial. — Add  $\frac{1}{2}$  dr. of Powdered Camphor. — Two tea spoonfuls of Laudanum may be also added.

26. *Bark Bath.*

From  $\frac{1}{2}$  lb. to 2 lb. grossly pounded Bark. — Boil in a gallon or two of Water for some time. — Put it into the bathing-tub, and add as much more Warm Water as is necessary to make a Bath for the child to sit in, up to the neck.



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### No. 27. *Powder of Ipecacuan and Rhubarb.*

Powdered Ipecacuan, 1 scr.—Ditto Rhubarb,  $\frac{1}{2}$  dr.—Cream of Tartar, 1 dr.—  
Rub together in a mortar, and divide into six Doses.—One to be taken three  
times in the day, and washed down with Chamomile Tea, or Bitter-Wood In-  
fusion.—*N. B.* If they excite vomiting divide the Doses in two, and give  
them oftener.

### 28. *Opium Pills.*

Powdered Opium, 1 scr.—Spanish Liquorice, 2 scr.—Make into Pills, by  
moistening the Liquorice with Water, or Laudanum, and beating them in a  
a metal mortar.—Divide into 20 Pills, one Pill (containing 1 gr. of Opium)  
or two for a Dose.—*N. B.* A greater quantity may be prepared, observing  
the same proportions.

### 29. *Chalk Mixture.*

Prepared Chalk, 1 oz.—White Sugar,  $\frac{1}{2}$  oz.—Thick mucilage of Gum Arabic, or  
Cashew Gum, 2 oz.—Rub them together in a marble mortar, adding by  
little and little a pint and a half of Water.—Then Tincture of Cinnamon, or  
Cinnamon Water, 2 oz.—If these are not at hand, some Powdered Cinnamon  
may be mixed with the Chalk, in the preparation.

### 30. *Catechu Decoction.*

Catechu, or Japan Earth, 2 or 3 dr.—Gum Arabic, 2 dr.—Water, 1 pint.—  
Boil a little, putting in towards the end a Stick of Cinnamon.—To the Liquor  
(poured off after subsidence) add White Sugar, or Guava-Jelly, enough to  
sweeten it.—Dose, a small wine glass every three hours, or two table spoon-  
fuls after every motion.

### 31. *Decoction of Logwood.*

Logwood Chips,  $\frac{1}{2}$  oz. or 1 oz.—Water, 2  $\frac{1}{2}$  lb.—Boil in an earthen vessel to 2  
pints.—Sweeten with Guava-Jelly, or with Sugar, adding either 2 oz. of  
Tinct. of Cinnamon, or 4 oz. of Red Port Wine.—Dose, the same as Cate-  
chu Decoction, No. 30.

### 32. *Tincture of Catechu.*

A tea spoonful either of the Tincture of Catechu, or Tincture of Kino, may be  
taken in a glass full of Red Wine Sangree, two or three times in the day.

No. 33. *Emul*

No. 33. *Emollient Anodyne Clyster (A).*

Linseed or Ockro Tea, 10 oz.—Olive-Oil, 2 table spoonfuls.—Laudanum, from 30 drops to a tea spoonful.

*Astringent Clyster (B):*

Take Logwood, or Catechu Decoction, No. 30 and 31, and Indian Arrow-Root Starch.—Mix, and make a Liquid Starch, of which 4 oz. may serve for each Clyster.—One may be given, either with or without 15 or 20 drops of Laudanum, every six hours, or oftener.

34. *Vitriolic Solution.*

White Vitriol, 3 dr.—Alum, 1 dr.—Boiling Water, 1 pint.—Strain the solution through blotting paper.—Given in table spoonfuls.—It at first causes vomiting or nausea, sometimes purging.—If it continues to do so, the Dose is to be lessened.—See MOSLEY, on *Tropical Diseases*, page 542.

35. *Solution of Blue Vitriol.*

Blue Vitriol, 15 or 20 gr.—Dissolve in a pint of Hot Water.—Strain through blotting paper.—Dose, a wine-glass full early in the morning, to be repeated in half an hour.—When given as a Vomit, the Dose is a wine-glass full every 10 or 15 minutes, till it operates.—See CHALMERS'S *Diseases of Carolina*.

36. *Drastic Pills.*

Cathartic Extract; or Compound Extract of Colycinth, of the Shops, 2 scr.—Opium, 2 gr.—Make into nine Pills.—Three to be taken every third hour, till stools are procured.—N. B. If the above Extract is not to be procured, take Aloes,  $\frac{1}{2}$  dr.—Gamboge, 1 scr.—Opium,  $1\frac{1}{2}$  gr.—Make it into nine Pills, with Syrup of Ginger.—To be given as above.

37. *Aperient Pills.*

Aloes, Gum Guaiacum, and Spanish Soap, moistened with Water, each equal parts.—Balsam of Peru, as much as is sufficient for making Pills.—If Balsam of Peru is not to be had, substitute a few drops of the Oil of Aniseed.—Three or four common sized Pills at bed-time, or both night and morning.—If they lose their effect, a few grains of Gamboge or Calomel may be added.

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### No. 38. *Emulsion of Castor-Oil.*

Castor-Oil, 4 table spoonfuls.—The Yolk of 1 Egg.—2 table spoonfuls of Muscovado Sugar.—Oil of Aniseed, 10 drops.—Rub together in a marble mortar, adding by little and little half a pint of Water.—Put it into a bottle with a glass of gin or Brandy, and shake the bottle before use.—Dose, a wine-glass full every half hour, for three times, then every hour, till it operates.

### 39. *Liniments for Paralytic Limbs.*

- (A.) Barbadoes Tar, dissolved in Rum.—To be rubbed on the parts affected.  
(B.) Oil of Olives, 3 parts.—Oil of Amber, 1 part.—Mix.  
(C.) Volatile Liniment, No. 25, 2 oz.—Tincture of Cantharides, 2 dr.  
(D.) Common Turpentine, Spirits of Sal Armonia, equal weights.—Mix gradually together.

### 40. *Bitter-Wood Infusion with Rhubarb.*

Bitter-Wood Infusion,  $\frac{1}{2}$  pint.—Tincture of Rhubarb, 1 oz.—Mix, or else infuse  $\frac{1}{2}$  dr. of Sliced Rhubarb with the Bitter-Wood, in Hot Water.

### 41. *Paregoric Draught.*

Paregoric Elixir, and Honey of Squills, each a tea spoonful.—To be taken at bed time, in a glass of Water.—N. B. In want of Honey of Squills, use Common Honey.

### 42. *Milk of Gum Ammoniac.*

Gum Ammoniac, 2 dr.—Rub in a marble mortar, adding by little and little  $\frac{1}{2}$  pint of Water, to dissolve it.—N. B. The first portion of Water must be poured off before adding a fresh quantity.—To this Milk, strained, may be added any of the following articles.—Oxymel of Squills,  $\frac{1}{4}$  oz.—Syrup of Squills, 1 oz.—Common Honey, or Syrup,  $\frac{1}{2}$  oz.—Mindererus's Spirit, an equal quantity.—Antimonial Wine, 2 dr. or Tartar Emetic, 1 or 2 gr.—Dose, two table spoonfuls every three hours, or oftener.

### 43. *Decoction of Bark with Honey of Squills.*

Decoction of Bark, No. 21, 1 pint.—Oxymel of Squills, 1 oz.—Mix —A wine-glass full several times in the day.

### 44. *Opodeldoch, or Saponaceous Liniment.*

Soap, scraped, 2 oz.—Camphor,  $\frac{1}{2}$  oz.—Strong Rum, 1 quart.—Mix, and set in



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in the sun till the Soap, &c. are dissolved.—Any quantity of Laudanum may be added thereto, when used.

No. 45. *Nitric Acid.*

To a quart bottle of pure Water add one or two tea spoonfuls either of the Nitrous or Nitric Acid\*.—This quantity to be taken by glassfuls through the day.—It may be sweetened.—As the acid is apt to corrode the enamel of the teeth, it may be sucked through a straw, a reed, or glass tube.

46. *Electuary of Guaiacum with Bark.*

Powdered Bark, 1 oz.—Ditto Gum Guaiacum,  $\frac{1}{2}$  oz.—Filings, or Rust of Steel, 2 dr.—Syrup of Ginger sufficient for making an Electuary.—Dose, the bulk of a cashew nut, twice or oftener in the day.

47. *Steel Pills.*

Salt of Steel, and Extract of Gentian, each  $1\frac{1}{2}$  dr.—Syrup of Ginger sufficient to make 3 dozen Pills.—Dose, three or four, twice or three times in the day, drinking afterwards Bitter-Wood Infusion.

48. *Chalybeate Powder.*

Rust of Steel, 1 dr.—Aromatic Powder (or Powdered Ginger and Cinnamon) 2 dr.—Take 1 scr. in Syrup, twice or three times in the day.

## DROPSICAL REMEDIES.

49. *Vomits in Dropsy.*

Ipecacuan, in Powder,  $\frac{1}{2}$  dr.—Water, 1 oz.—Antimonial Wine, 2 dr. or Tartar Emetic, 3 gr.—To be taken every two or three days, and on the intermediate days the Diuretics, No. 54, 55.

50. *Purges in Dropsy.*

Powdered Jalap, 1 scr. or  $\frac{1}{2}$  dr.—Gamboge, 5 gr.—Cr. Tartar, 2 scr.—Mix.—To be taken in Ginger-Tea or Syrup, at night or early in the morning.—To be worked off either with Cr. Tartar Drink or Ginger-Tea, according as it operates more or less briskly.—Repeat this Purge several times, at the interval of a day or two, interposing the use of Diuretics and Bitters on the intermediate days.

No. 51.

\* Mr. Blair says he found little difference in the effects of the one or the other.



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## No. 51.

**Cr. Tartar**, 1 oz.—Divide into 4 papers.—Boil one of these parts in 2 quarts of Water, and sweeten it lightly with Syrup of Ginger, for working off the other powders; one of which is to be taken in a little of the above drink early in the morning, the second paper to be taken two or three hours afterwards, and the third at the same distance of time, unless the previous evacuations should have been excessive.—This medicine is to be repeated every other day, for a week or two, if the patient's strength will allow it, giving on the intermediate days good nourishment, Wine, Bitters, &c.—*N. B.* Should the **Cr. Tartar** be not of itself sufficiently active, add 5 gr. of Gamboge to the first dose.

## DIURETICS IN DROPSY.

### 52.

**Nitre in Powder**, 1 dr.—Powdered Squills, 12 gr.—Powdered Ginger,  $\frac{1}{2}$  dr.—Rub together in a mortar, and make six powders.—One every three hours, drinking the **Cr. of Tartar** drink, No. 51.

### 53.

**Mercurial or Blue Pills**, (No. 109,) 10 gr.—Dried Squills, 3 gr.—Mix for a dose at bed-time.

### 54.

**Infusion of Bitter-Wood**, 1 pint.—Salt of Wormwood,  $\frac{1}{2}$  oz.—Gin, 2 oz.—Mix.—A wine-glass full several times in the day.—Diuretic Salt, 6 dr. may be substituted in the place of the Salt of Wormwood.

### 55.

**Saline Julep**, (No. 11,) or **Spirits of Mindererus**, with an equal quantity of Water,  $\frac{1}{2}$  pint.—Tincture of Cantharides, 2 dr.

### 56.

**Infusion and Tincture of Digitalis**, or Foxglove.—See page 346.

### 57.

**Infusion of Tobacco**. See page 347.

U u

Tonic

## FORMS OF MEDICINES.

## TONICS IN DROPSY.

## No. 58.

A small tea-cup full of Bitter-wood Infusion, two or three times in the day, with a tea spoonful of Chalybeate Wine, or with 3 or 4 grains of the Salt of Steel; viz. Green Copperas.

## 59.

Strained Juice of Seville Oranges, 1 quart. — Put into an iron pot, with a handful of new Nails. — After standing 2 or 3 days, decant the clear liquor, to which add a pint of Spiruous Bitters.\* — Dose, from a table spoonful to a wine-glass full, two or three times in the day.

[End of Dropsical Remedies.]

60. *Electuary of Conserve of Roses and Nitre.*

Nitre in Powder,  $\frac{1}{2}$  oz. — Conserve of Roses,  $3\frac{1}{2}$  oz. — Syrup sufficient for an Electuary. — The bulk of a Cashew-Nut, 3 or 4 times in the day.

61. *Decoction of Bark, with Tincture of Cantharides.*

Decoction of Bark, (No. 21,)  $\frac{1}{2}$  pint. — Purgative Elixir, 2 dr. — Tincture of Cantharides, 1 or 2 dr. — Dose, from a tea spoonful to two table spoonfuls, according to the age of the patient, three or four times in the day, in Hooping-Cough.

62. *Ointment of Galls.*

Powdered Galls and Pork Lard, equal parts, or 2 parts Lard and 1 part Galls. —  
N. B. The admixture of Astringents with Fat seems preposterous; let the Powdered Galls, therefore, be mixed with a cold Poultice of Oatmeal and Vinegar.

63. *Purging Clysters.*

(A.) Common Decoction, with Decoction of any of the malvaceous Plants of the Country, (see Appendix, part 2d), or of Chamomile Flowers, 1 pint. — Purging Salts, from  $\frac{1}{2}$  oz. to  $1\frac{1}{2}$  oz. — Castor-Oil, 2, 3, or 4 table spoonfuls.

(B.) Thin strained Gruel, 1 pint. — Muscovado Sugar, 2 table spoonfuls. — Salt Butter, 1 table spoonful. — Mix.

(C.) See p. the bulk of a small Cashew-Nut, scraped. — Dissolved in a pint of Warm Water. — Add Castor-Oil, 2 or 3 table spoonfuls. — Agitate so as to make an emulsion. — N. B. A little Turpentine may be sometimes added.

(D.) To-

\* The Bitters may be made of the Cocoon, or Bitter Quassia, with Canella Alba infused in Rum.

(D.) Tobacco Clyster:—Dried Tobacco Leaves, 2 dr.—Boiling Water, 1 ℔.—Infuse for 10 minutes, then strain.—This Clyster may be used in the place of the Fumes of Tobacco, in strangulated Hernia, and in other cases where the injection of Tobacco Smoke is recommended.

APPEN-  
DIX.

### No. 64. *Astringent Injection.*

Powdered Galls, Pomegranate Bark, and Gum Arabic, each 2 dr.—Boil a little while in  $\frac{1}{2}$  pint of Water.—To the strained liquor add Japonic Concretion,  $\frac{1}{2}$  oz.—One half to be injected cold, either into the Anus or Vagina.

### 65. *Astringent Suppository.*

No. 1. Gum Arabic, Dragon's Blood, Catechu, Bole Armenic, each 2 dr.—Sugar of Lead,  $\frac{1}{2}$  dr.—To these, powdered and mixed, add Honey sufficient to make 4 Suppositories.—One to be put into the Anus, every 6 or 12 hours, or as occasion requires.

### *Stimulant Gargle.*

No. 2. Strong Infusion of the Wild Cinnamon, or Can. Alba, 7 oz.—Spirits of Lavender, 1 oz.—N. B. Mustard or Cayenne Pepper may be added.

### 66. *Electuary against Epilepsy.*

(A.) Powdered Peruvian Bark,  $1\frac{1}{2}$  oz.—Valerian and Snake-Root, each 2 dr.—Castor, 1 dr.—Syrup of Ginger sufficient.

(B.) Angustura Bark, 2 oz.—Steel Filings,  $\frac{1}{2}$  oz.—Syrup of Ginger sufficient for an Electuary.—Dose, the quantity of a Cashew-Nut, twice in the day; washing down with Bitter-Wood infusion.

### 67. *Antihysterical Pills.*

Gum Ammoniac, Assafoetida, Castor, each 1 dr.—Balsam of Peru sufficient to make Pills.—Dose, 4 or 5 common sized pills, 2 or 3 times in the day.

### 68. *Honey and Spirits of Turpentine.*

Honey, 2 parts.—Spirits of Turpentine, 1 part.—Mix.—Dose, 2 tea spoonfuls in a draught of Barley-Water.

### 69. *Artificial Seltzer Water.*

Dissolve  $\frac{1}{2}$  dr. or 1 dr. of Natron (fossil alkali) in a pint of Water.—Dose,  $\frac{1}{2}$  pint 2 or 3 times in the day.

U u 2

No. 70. Harrow.

## FORMS OF MEDICINES.

### No. 70. *Harrogate Water.*

Common Salt, 1 oz.—Purging Salts,  $\frac{1}{2}$  oz.—Water, 1 quart.—Dissolve.—  
Add a tea spoonful of a strong Solution of Liver of Sulphur, or else take a few  
drops of this in a draught of 4 oz. twice in the day.

### 71. *Musk Bolus.*

Musk, 15 or 20 gr.—Salt of Hartshorn, 5 gr.—Conserve or Syrup sufficient for a  
Bolus.—To be taken every 3 or 6 hours.

### 72. *Assafoetida Clyster.*

Assafoetida,  $\frac{1}{2}$  dr. or 1 dr.—Rub in a marble mortar, adding, by little and little,  
8 oz. of hot infusion of Valerian Root or Chamomile Flowers, and 1 oz. Olive-  
Oil.—20 drops of Laudanum may be occasionally added.

### 73. *Musk, Opium, and Camphor.*

Musk, 15 gr. Camphor, 5 gr.—Opium, 2 gr.—Rub them together in a mortar,  
with a few drops of Laudanum, and add Conserve to make a bolus or pill.

### 74. *Zinc Pills.*

Calx, called Flowers of Zinc, 2 scr.—Soft Manna or Crumb of Bread, moistened  
with Water, sufficient to make into 12 pills.—Begin with one, morning and  
evening, increasing the dose one every other day, if the stomach will bear it, till  
the patient takes 12 in a-day.

### 75. *Mustard Wine and Electuary.*

White Mustard seed bruised—Conserve of Roses, equal parts.—Syrup of Ginger, suf-  
ficient to make an Electuary.—A little Spirits of Lavender may be added.—  
White Mustard Seed, 1 oz.—Madeira Wine, 1 pint.—Infuse for 12 hours, and to  
the strained liquor add Spirits of Lavender, 2 oz.—A wine-glass full frequently.\*

### 76. *Gargles.*

(A.) Sage-Tea, 1 pint.—Vinegar, 4 oz.—Honey, 1 oz.

Sage-Tea, 1 pint.—Honey, 1 or 2 oz.—Alum, 1 dr.

(B.) Decoction of Bark, (No. 21,) 1 pint.—Honey, 1 or 2 oz.—Tincture of Myrrh,  
1 oz.—Elixir of Vitriol, enough to acidulate it to a degree of sharpness.

(C.) Thin

\* Cantharides are also given with the same intention in Palsies, either in Tincture or Powder,  
thus:—Cantharides, 1 gr.—Salt of Hartshorn and Gum Guaiacum, each 1 scr.—Cordial Con-  
fection, a sufficient quantity for a bolus.—See VAUGHAN, in *Med. Com.* for 1789.



- 76.) Thin Barley-Water, sweetened with Honey, 1 pint. To which may be added, either a table spoonful of Peppered Vinegar—2 or 3 tea spoonfuls of Spirits of Hartshorn, or a table spoonful of made Mustard,  
(D.) See Pepper Gargle, No. 77.  
(E.) See Stimulant Gargle, No. 65.  
(F.) Borax Gargle, No. 117.  
(G.) Mercurial Gargle for Venereal Ulcers of the Throat:—Corrosive Sublimate, 4 gr.—Cr. Sal. Armon. 5 gr.—Dissolve in 3 oz. Common Water, then add Barley-Water,  $\frac{1}{2}$  pint.—Honey, 1 oz.

### No. 77. *Pepper or Capsicum Infusion.*

Take either a tea spoonful of Cayenne Pepper, or a few fresh Bird Peppers.—Rub them in a marble mortar, with a little Salt, and add  $\frac{1}{2}$  pint of Boiling Water.—After it has stood for some time strain, and add an equal quantity of Vinegar; or else take 4 table spoonfuls or more of Peppered Vinegar (such as is kept for table use), and add to this as much Water as is necessary to reduce the strength of it.—Dose, two table spoonfuls frequently.—When used as a Gargle, Honey should be added, or a little Barley-Water, see No. 76.

### 78. *For touching the Sloughs of ulcerated Sore-Throat.*

Honey of Roses, or Plain Honey,  $\frac{1}{2}$  oz.—15 or 20 Drops either of weak Spirits of Vitriol, or Spirits of Salt.—Some Lint or fine Linen, wrapt round the end of a Probe or Pencil, may be dipped in this Mixture, and the Ulcers of the Throat touched therewith several times in the day.—Several other applications of this nature are recommended, as a strong Solution of Sugar of Lead, Corrosive Sublimate, &c.; but I know not if they have any advantage.

### 79. *Paralytic Infusion.*

Horse-Radish, scraped.—Mustard Seed, bruised, each 2 oz.—Wild Cinnamon,  $\frac{1}{2}$  oz.—Infuse for 24 hours in a quart of Boiling Water, which keep in the sun or by the fire.—To the strained Liquor add 4 oz. of Brandy, or 2 oz. Cinnamon Water.—Dose,  $\frac{1}{4}$  pint three or four times in the day.

### 80. *Blue Vitriol Vomit.*

Blue Vitriol, 4 gr.—Dissolve in  $\frac{1}{2}$  pint of Boiling Water.—Add a few drops of Spirits of Lavender.—Dose, a wine-glass full every quarter of an hour, till it operates, drinking nothing afterwards.

### 81. *Salt of Hartshorn Bolus.*

Salt of Hartshorn, 6 gr.—Camphor, 3 gr.—Opiate Confection, 1 scr. or  $\frac{1}{2}$  dr.—

In place of the Opiate Confection, 1 gr. of Opium, and make into Pills with Syrup.

### No. 82. *Guaiacum Bolus.*

Gum Guaiacum, 1 scr.—Tartar Emetic and Opium, each 1 gr.—Conserve or Syrup sufficient.

### 83. *Pills of Rhubarb and Soap.*

Rhubarb in Powder, 2 dr.—Spanish Soap, moistened, 1 dr.—Oil of Aniseed, 12 drops.—Make into three dozen Pills.—Dose, four or five at bed-time.

### 84. *Rhubarb and Soluble Tartar.*

Powdered Rhubarb, 1 scr.—Soluble Tartar, 2 scr.—Mix.—Take in a wine-glass full of Bitter-Wood Infusion.

### 85. *Ditto, with Tamarinds.*

Powdered Rhubarb and Soluble Tartar, of each equal parts.—Pulp of Tamarinds sufficient to make an electuary.—Dose, the bulk of a Cashew-Nut at night, to keep the Bowels open.

### 86. *Sulphur and Wine.*

Flowers of Sulphur, 1 oz.—Madeira Wine, 1 quart.—Mix, and shake well together.

### 87. *Sulphur Electuary.*

Flowers of Sulphur, 1 part.—Cream of Tartar, 2 parts.—Tamarind-Syrup, Honey, or Molasses, sufficient to make an Electuary.

### 88. *Tincture of Rhubarb and Oil.*

Castor-Oil, 6 dr.—Tincture of Rhubarb, 2 dr.—Water, 1 oz.—Mix, and shake well together before use.—Useful in Piles.—See GRIFFITHS or BLANE.

### 89. *Oily Emulsion.*

Olive-Oil, 2 table spoonfuls.—Spirits of Sal. Armoniac, 2 tea spoonfuls.—Shake them together in a half pint phial, adding a table spoonful of Syrup or Honey, and 6 oz. of Water.—Dose, a table spoonful frequently.

No. 90. *Stop.*

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### No. 90. *Stomachic Electuary.*

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Orange Marmalade,  $2\frac{1}{2}$  oz.—Rust of Steel,  $\frac{1}{2}$  oz.—Powdered Rhubarb and Hiera Picra, each  $\frac{1}{2}$  oz.—Syrup of Ginger sufficient.

### 91.

Angustura Bark, or Columbo-Root, and Rhubarb, of each equal parts.—Dose, 1 scr. or  $\frac{1}{2}$  dr. in Syrup of Ginger, two or three times in the day, drinking afterwards a glass full of Bitter-Wood Infusion.

### 92.

Prepared Chalk, Rust of Iron, and Powdered Rhubarb, of each equal parts.—Dose, 1 scr. or  $\frac{1}{2}$  dr. in Syrup of Ginger, twice or three times in the day.

### 93. *Deobstruent Pills.*

Aloes, Assafœtida, and Steel Filings, of each 2 scr.—Spanish Soap,  $\frac{1}{2}$  dr.—Syrup of Ginger sufficient.—Make into three dozen Pills.—Four or five night and morning.

### 94. *Natron Pills.*

Fossile Alkali (Soda or Natron), prepared and powdered, 1 dr.—Spanish Soap, 4 scr.—Make into thirty Pills, with Syrup.—*Beddoes.*

### 95. *Mephitic Alkaline Water.*

*See Mode of preparing it by Dr. FALCONER.—Med. Comm. 1793.*

### 96. *Keyser's Pills.*

Acetated Quicksilver, Manna, and Gum Arabic, of each equal parts.—Rose Water sufficient to make a mass for Pills.—Dose, three or four common sized Pills morning and evening.

### 97. *Pills of Corrosive Sublimate.*

Corrosive Sublimate and Crude Sal Armoniac, of each 5 gr.—Water, 30 or 40 drops.—Conserve, Liquorice Powder, or Starch, sufficient to make a mass for Pills, of which forty Pills are to be made.—Dose, one or two, twice or three times in the day.

No. 98. *Plunk's*

No. 98. *Plenck's Solution.*

Quicksilver, 1 dr.—Gum Arabic, in Powder, 2 dr.—Rub them together in a marble mortar (adding a little Water) till the globules disappear.—Afterwards add  $\frac{1}{2}$  pint more of Water.—Dose, two large spoonfuls night and morning.

99. *Solution of Corrosive Sublimate.*

Corrosive Sublimate, 8 gr.—Rum, or Brandy, 1 pint.—Laudanum, 2 tea spoonfuls.—Dissolve the Sublimate by rubbing it in a glass mortar, with a small quantity of the Spirit, before adding it to the rest.—Dose, one table spoonful night and morning, in a draught of Sarsaparilla Decoction.

100. *Pills of Calcined Mercury.*

Calcined Mercury (*Hydrargyrum Calcinat.*) and Opium, of each 8 gr.—Soft Mafina, or Liquorice, sufficient to make into twelve Pills.—Dose, one every night, every other night, or two nights together, then missing the third.

## INJECTIONS.

## 101.

No. 1. White Vitriol and Sugar of Lead, of each 1 scr.—Dissolve in 8 oz. of pure Water; then add a tea spoonful or two of Laudanum.—Should it prove too irritating, dilute with more Water, or else add a little Mucilage of Gum Arabic.

## 102.

No. 2. Rose Water and Common Water, of each 2 oz.—Goulard's Extract, 16 drops.

## 103.

No. 3. Mucilage of Gum Arabic, Oil of Almonds, or Olive-Oil, of each 1 oz.—Thin Barley-Water, 4 oz.—Laudanum, 1 tea spoonful.

## 104.

No. 4. Calomel, 2 dr.—Mucilage of Gum Arabic, 2 oz.—Rose Water, or Common Water, 4 oz.

No. 105.



## FORMS OF MEDICINES.

### No. 105.

No. 5. Gum Kino, 1 dr.—Alum. 2 dr. (or of the Pulv. Symplicus, ready prepared, 3 dr.)—Rub in a marble mortar, with 1 dr. of Gum Arabic, gradually adding  $\frac{1}{2}$  a pint of Boiling Water.

### 106.

No. 6. Corrosive Sublimate, 1 gr.—Dissolve in 7 oz. of Hot Water, and add 1 oz. of the Mucilage of Gum Arabic.

### 107. *Balsam of Capivi Drops.*

Balsam of Capivi,  $1\frac{1}{2}$  oz.—Spirit of Lavender,  $\frac{1}{2}$  oz.—Put into a 4 oz. phial, and shake well before use.—Dose, a tea spoonful several times in the day, in a final spoonful of Mulcovado Sugar.

### 108. *Turpentine Pills.*

Venice Turpentine, or Canada Balsam.—Make into Pills, with Powdered Gum Oliban (or Powdered White Resin), and Rhubarb, of each equal parts.

### 109. *Mercurial or Blue Pills.*

Quicksilver and Honey, of each equal parts.—Crumbs of Bread, double the quantity of either.—Rub the Quicksilver and Honey together in a marble mortar, till the Globules of Quicksilver totally disappear; then add the Crumbs of Bread, and make into a mass, to be divided into pills, weighing each four grains.—Dose, one or two, morning and evening, or one three times in the day.

### 110. *Sarsaparilla Decoction.*

Sarsaparilla, cut in pieces and well bruised, 6 oz.—Infuse all night in 3 pints of Water. In the morning put over a slow fire till one-third is wasted, then strain for use.—Dose,  $\frac{1}{2}$  a pint three or four times in the day.

### 111. *Compound Decoction of Sarsaparilla.*

Sarsaparilla-Root, sliced and bruised, 3 oz.—Shavings of Lignumvire and Saffrass, of each 1 oz.—Mezereon Root,  $1\frac{1}{2}$  dr.—Macerate for some time in 6 pints of Water, and boil gently down to 4 pints.—Add of Spanish Liquorice, 2 dr. or infuse a handful of the Wild Liquorice Vine in the hot decoction, before straining.

## FORMS OF MEDICINES.

No. 112. *Decoction of Mezereon.*

Bark of the Root of Mezereon, 1 dr.—Boil in 3 pints of Water to a quart—  
sweeten with Liquorice.—Dose, 4 oz. three or four times in the day.

113. *Saturpine Lotion.*

Goulard's Extract, 1 or 2 tea spoonfuls, or Sugar of Lead, 1 or 2 dr.—Water, 8 oz.  
—Vinegar, 4 oz.—Two tea spoonfuls of Laudanum may be added.

114. *Saturnine Poultice.*

Oatmeal or Cassada Bread, sufficient to make a Poultice with the above Lotion;  
to which may be added, a little Olive-Oil or Pork Lard.—It may be applied  
hot or cold.

115. *Corrosive Sublimate Lotion.*

One or two grains to the oz. of Water, for Chancres, &c.

116. *Red Precipitate Ointment.*

Finely powdered Red Precipitate, 2 dr.—Yellow Basilicon, 1 oz.—Let them be  
well mixed.

117. *Borax Gargle.*

Dissolve 2 dr. or  $\frac{1}{2}$  oz. of Borax in a pint of Water, and add 1 oz. of Honey.

118. *Phagedenic Water\* for foul Sores, &c.*

(A.) Corrosive Sublimate, 1 dr.—Lime-Water, 1 quart.—Dissolve and keep  
for use.

(B.) Corrosive Sublimate, 1 dr.—Alum, 2 dr.—Boiling Water, 1 quart.

119. *Styptic Water, to stop Bleedings.*

Blue Vitriol and Alum, of each 3 oz.—Water, 1 quart.—Dissolve of Lint to be  
dip in this, and applied to the bleeding Vessels.

No. 120. *Pre-*

\* These old compositions, on account of their being unchemical, are now laid aside; but  
they are, nevertheless, very useful.

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## No. 120. *Prescriptions for the Cure of Yaws.*

APPEN-  
DIX.

### (A.) BOLUS OF SULPHUR AND TREACLE.

Flowers of Sulphur,  $\frac{1}{2}$  dr.—Camphor, 3 gr.—Opiate Confection sufficient for a Bolus.

### (B) NEMBARD'S DROPS.

Antimonial Wine, 5 dr.—Laudanum, 2 dr.—Tincture of Cantharides, 1 dr.—Camphor,  $\frac{1}{2}$  dr.—Dissolve the Camphor in the Tincture of Cantharides and Laudanum, or in a little Brandy, then add the Antimonial Wine.—Dose, a tea-spoonful every night, in a draught of Sarsaparilla Decoction.

### (C.) NEMBARD'S PILLS.

Quicksilver and Venice Turpentine, of each  $\frac{1}{2}$  oz.—Rub them in a marble mortar, till the Globules of Mercury disappear; then add, of finely powdered Gum Guaiac,  $1\frac{1}{2}$  oz.—Camphor, moistened with Spirits Castile Soap, 1 oz.—Make into pills with Balm of Guaiac or Lignumvitæ Rum.—Make Pills of 4 grs. each.—Dose, 1, 2, or 3 daily.—*Nembard on Yaws.*

### (D.) VAN SWIETEN'S SOLUTION, No. 99.

To 1 pint of this, add an equal quantity of Tincture of Guaiac, (Lignumvitæ Rum), and to the quart put Laudanum, 4 tea spoonfuls.—Dose, 2 table spoonfuls every night; in Sarsaparilla Decoction.

### (E.) Dr. WRIGHT'S TINCTURE.

Gum Guaiac, 10 dr.—Virginian Snake-Root, 3 dr.—Pimento, 2 dr.—Opium, 1 dr.—Strong Rum, 1 quart.—Digest.—And to the strained Tincture add  $\frac{1}{2}$  dr. of Corrosive Sublimate, dissolved in an oz. of Spirits.—Dose, 2 table spoonfuls in Sarsaparilla Decoction.—*Account of Med. Plants.*

### (F.) COOL DRINK.

Sarsaparilla, 12 oz.—Muscovado Sugar, 12 lbs.—Water, 3 gallons.—Mix; and set them together for a fortnight to ferment, and then use it for common drink.—*Virgile in Sauvages.*

### (G.) ANOTHER DIETETIC YAW DRINK.

Lignumvitæ Chips, 6 pounds.—Sarsaparilla, 4 pounds.—Vervain, (Herb and Root), 2 pounds.—Muscovado Sugar, 3 pounds.—Water, 6 gallons.—Mix; and set them to ferment, and when four, use for common drink.—The patient, whilst using this drink, is to be made to bathe every two or three days, in a warm bath, prepared by boiling Lignumvitæ Chips in the Water. On coming out of the Water he is to be rubbed with Lignumvitæ Runt, and the Yaws dressed with Lint dipped in the same.—A dose of Calomel is to be now and then given at night, and worked off the following morning.\*

X x 2

No. 121. *Local*

\* For this I am indebted to Mr. Gray, an observant gentleman in the parish of St. George's.



No. 121. *Local Applications for the Yaws.*

- (A.) Rust of Iron and Lime-Juice.—As this is said to be the preparation, employed for hastily drying up the Yaws, on Negroes going to market, it ought to be useful at an after period.
- (B.) Phagedenic Water.—See No. 118.
- (C.) Dissolve  $\frac{1}{2}$  dr. of Blue Vitriol, in a pint of Water.
- (D.) Red Precipitate Ointment.—See No. 116.

122. *Charcoal Poultice, for foul Ulcers.*

To 1 lb. of Cassida, or any other common Poultice, add 2 oz. fine Powdered Charcoal.

123. *Antiseptic Poultice.*

To the common Cassida Poultice, add a quantity of Leaven and Honey, or Maltasses.

124. *Nitric Acid Lotion, for Ulcers.*

To 1 pint of Water add 1 or 2 tea-spoonfuls of Nitric Acid.



DIRECTIONS for the PREPARATION of some other FORMULÆ, APPEN-  
*which are necessary to be kept ready in Families, or on Estates.* DIN.

*Laudanum.*

Opium, dried and powdered, or else sliced and bruised, 10 dr.—Strong Rum, 1 pint.—Digest, by placing them in the hot sunbath for three or four days, or longer; then strain off.

*Antimonial Wine.*

Tartar Emetic, 2 scr.—Boiling Water, 2 oz.—Madeira Wine, 8 oz.—Dissolve the Tartar Emetic in the Water, then add the Wine.—Dose, from 20 or 30 Drops to a tea spoonful, in Mint-Tea.

*Tincture of Bark.*

Peruvian Bark, in Powder, 2 oz.—Dried Peeling of Seville Orange, 1 oz.—Snake-Root, 2 dr.—Digest in a pint and a half of Rum, or rather Brandy.—Decant it, as it is wanted for use.

*Tincture of Myrrh.*

Myrrh, 3 oz.—Rum, 1 quart.—Digest, placing the bottle in a hot sun.

*Tincture of Guaiacum, or Lignum Vitæ Gum.*

Lignumvitæ Gum, 2 oz.—Strong Rum, 1 quart.—Digest.—Dose, 2 tea spoonfuls, or a table spoonful, in a wine-glass of Water.—1 tea spoonful of Spirits of Hartshorn may be added, for a Sweating Draught in Rheumatism.

*Tincture of Catechu.*

Catechu, or Japan Earth, in Powder, 1½ oz.—Cinnamon, bruised, 1 oz.—Rum, 1 pint.—Digest.

*Bitter Tincture,\* or Bitters.*

Gentian Root, 2 oz.—Dried Peeling of Seville Orange, 1 oz.—Canella Alba, or Wild Cinnamon, ½ oz.—Rum, or Brandy, 3 pints.—Digest.

*Tinctura*

*Tincture of Aloes.*

Aloes, in Powder,  $\frac{1}{2}$  oz.—Extract of Liquorice,  $1\frac{1}{2}$  oz.—Weak Rum, 1 pint.—Digest, placing the bottle in the hot sun.—Dose, from a tea spoonful to a table spoonful, by itself:—In Water, or with Bitters, or with Steel Medicines, in cases of Dirt-Eating, Obstructed Menfes, &c.

*Rhubarb Wine.*

Rhubarb Root, sliced, 2 oz.—Cardamom Seeds (the greater now common in Jamaica),  $\frac{1}{2}$  oz. or else Wild Cinnamon (*Canella Alba*), 2 dr.—Strong Rum, 2 oz.—Digest for a week.—Dose, from one to three spoonfuls.

*Mindererus's Spirit.*

Volatile Sal Armoniac, any quantity, pour on gradually Distilled Vinegar, till the ebullition, or frothing, ceases.

*Dover's Sweating Powder.*

Vitriolated Tartar, 3 dr.—Opium and Ipecacuanha-Root, each 1 scr.—Grind them in a mortar to a fine Powder.—Dose, from 5 to 12 gr.

*Lime-Water.*

Fresh burnt unslacked Lime, 1 pint, or more.—Put it into any wooden vessel, and pour on gradually two gallons of Water, either cold or hot, stirring the Lime about whilst the Water is poured on; then let it stand till the Lime subsides, and afterwards decant the clear Water, which is to be kept in bottles, closely corked.

*Infusion of Digitalis, or Foxglove. (Withering.)*

Dried Leaves of Digitalis, 1 dr.—Boiling Water,  $\frac{1}{2}$  pint.—Infuse for four hours, and strain off the Liquor clear, to which add Brandy, or Gin, or Cinnamon-Water, 1 oz.—Dose, 2 spoonfuls twice in the day, in Drops.

*Tincture of Digitalis. (Darwin.)*

Dried Leaves of Digitalis, 2 oz.—Brandy,  $\frac{1}{2}$  pint.—Infuse.—Dose, from 15 to 30, or 60 drops.

*Drake's*

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### *Drake's Tincture of Digitalis.*

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Dried Leaves of Digitalis, 1 oz.—Spirits of Wine and pure Water, each 2 oz. (or of Common Brandy, 4 oz.)—Digest with a gentle heat (that is, by placing it in the sun) for 24 hours, and strain.—Dose, from 15 to 30, or more drops, in 2 spoonfuls of Saline Julep, or any other Liquor.

### *Infusion of Tobacco. (Fowler.)*

Virginian Tobacco Leaves, 1 oz.—Infuse for 1 hour in a pint of Boiling Water.—Strain off, and add 2 oz. Brandy.—Dose, from 40 to 60 Drops, or more, twice in the day.

### *Tincture of Tobacco. (Fowler.)*

Virginian Tobacco Leaves, 1 oz.—Strong Spirits, 1 pint.—Digest, and strain off.—Dose, from 30 to 60 drops, twice in the day.

### *Chalybeate or Steel Wine.*

Iron Filings, 4 oz.—Canella Alba, or Wild Cinnamon, 2 dr.—Rhenish Wine, or Madeira Wine, with the addition of a tea-spoonful of Cr. Tart.—Digest for 2 Week, and strain.—Dose, a tea-spoonful in Bitter-Wood Infusion.



## FORMS OF MEDICINES.

APPRO-  
PRIATE

LIST of MEDICINES requisite for a Family, or for a Plantation  
containing one hundred Negroes.

|                            | A. | For a<br>Family.  | For a<br>Plantation. |
|----------------------------|----|-------------------|----------------------|
| Aloes, Soccotrine,         | -  | 2 oz.             | 8 oz.                |
| Alum,                      | -  | 2 oz.             | 8 oz.                |
|                            | B. |                   |                      |
| Bark, Peruvian, in Powder, | -  | 2 lb.             | 4 lb.                |
| Balsam Capivi,             | -  | -                 | 8 oz.                |
|                            | C. |                   |                      |
| Cantharides,               | -  | 4 oz.             | 8 oz.                |
| Calomel,                   | -  | $\frac{1}{2}$ oz. | 1 oz.                |
| Camphor,                   | -  | 4 oz.             | $\frac{1}{2}$ lb.    |
| Catechu or Japan Earth,    | -  | 4 oz.             | 1 lb.                |
| Chamomile Flowers,         | -  | 4 oz.             | 1 lb.                |
| Cinnamon, Cloves, &c.      | -  | -                 | -                    |
|                            | E. |                   |                      |
| Elixir of Vitriol,         | -  | 2 oz.             | 8 oz.                |
| Elixir, Paregoric,         | -  | 4 oz.             | 8 oz.                |
| Extract of Coloquintida,   | -  | 2 dr.             | $\frac{1}{2}$ oz.    |
|                            | F. |                   |                      |
| Flowers of Sulphur,        | -  | 8 oz.             | 1 lb.                |
| Flowers of Zinc,           | -  | $\frac{1}{2}$ oz. | 1 oz.                |
|                            | G. |                   |                      |
| Gamboge,                   | -  | $\frac{1}{2}$ oz. | 1 oz.                |
| Gum Ammoniac,              | -  | 1 oz.             | 4 oz.                |
| Gum Arabic,                | -  | 4 oz.             | $\frac{1}{2}$ lb.    |
| Gum Kino,                  | -  | 2 oz.             | -                    |
|                            | H. |                   |                      |
| Honey of Squills,          | -  | 8 oz.             | -                    |
|                            | I. |                   |                      |
| Ipecacuan Root             | -  | -                 | 2 oz.                |
| Ipecacuan Powder,          | -  | 1 oz.             | 2 oz.                |
| Iron Filings, prepared,    | -  | -                 | 2 lb.                |
| Linglafs,                  | -  | 4 oz.             | -                    |
| Jalap in Powder,           | -  | 2 oz.             | 4 oz.                |
|                            |    |                   | Linseed,             |



# FORMS OF MEDICINES.

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DIX.

|                                | L. | For a<br>Family.  | For a<br>Plantation. |
|--------------------------------|----|-------------------|----------------------|
| Linseed,                       | -  | $\frac{1}{2}$ lb. | 2 lb.                |
| Liquorice,                     | -  | 4 oz.             | $\frac{1}{2}$ lb.    |
|                                | M. |                   |                      |
| Magnesia,                      | -  | 4 oz.             | 4 oz.                |
| Manna,                         | -  | 4 oz.             | -                    |
| Mezereon,                      | -  | -                 | 4 oz.                |
| Muriatic Acid,                 | -  | 1 oz.             | -                    |
| Mustard Seed,                  | -  | 1 lb.             | -                    |
| Myrrh,                         | -  | 2 oz.             | 4 oz.                |
|                                | N. |                   |                      |
| Nitre,                         | -  | 2 oz.             | 4 oz.                |
| Nitrous Acid,                  | -  | 2 oz.             | 4 oz.                |
|                                | O. |                   |                      |
| Opium,                         | -  | 2 oz.             | 4 oz.                |
| Oil of Amber,                  | -  | 1 oz.             | -                    |
| Oil of Olives,                 | -  | 2 lb.             | 4 lb.                |
| Oil of Anniseed,               | -  | 1 oz.             | 2 oz.                |
| Oil of Peppermint,             | -  | $\frac{1}{2}$ oz. | -                    |
| or Essence of Peppermint,      | -  | 2 bottles         | 4 bottles            |
| Oil rectified, of Turpentine,  | -  | 4 oz.             | 1 lb.                |
| Ointment, Basilicon,           | -  | 4 oz.             | 1 lb.                |
| Ointment, Cerate,              | -  | 4 oz.             | 1 lb.                |
| Ointment, Mercurial,           | -  | -                 | 4 oz.                |
|                                | P. |                   |                      |
| Plaster of Litharge, with Gum, | -  | 4 oz.             | $\frac{1}{2}$ lb.    |
| Plaster, Mercurial,            | -  | 4 oz.             | -                    |
|                                | R. |                   |                      |
| Rhubarb, in Powder,            | -  | 2 oz.             | 4 oz.                |
| Rhus Toxicodendron,            | -  | 1 oz.             | 2 oz.                |
|                                | S. |                   |                      |
| Sago,                          | -  | -                 | -                    |
| Salt Armoniac,                 | -  | -                 | 4 oz.                |
| Salt, Purgine,                 | -  | 4 lb.             | 10 lb.               |
| Salt of Wormwood or Tamar.     | -  | 2 oz.             | $\frac{1}{2}$ lb.    |
| Salt of Sea,                   | -  | 1 oz.             | 2 oz.                |
| Salt of Hartshorn,             | -  | 1 oz.             | -                    |

Senna,

## FORMS OF MEDICINES:

APPEN-  
DIX.

|                              | For a<br>Family. | For a<br>Plantation. |
|------------------------------|------------------|----------------------|
| Senna,                       | 2 oz.            | 4 oz.                |
| Snake-Root, Virginian,       | 4 oz.            | 4 oz.                |
| Spirits of Sal Armoniac,     | 4 oz.            | 6 oz.                |
| Spirits of Mindererus,       | 1 lb.            | 2 lb.                |
| Spirits of Lavender,         | 2 oz.            | 4 oz.                |
| Spirits of Vitriolic Aether, | 2 oz.            | 4 oz.                |
| Sweet Spirits of Nitre,      | 4 oz.            | 4 oz.                |

## T.

|                                  |        |                   |
|----------------------------------|--------|-------------------|
| Tartar Emetic,                   | 2 dra. | $\frac{1}{2}$ oz. |
| Turpentine, Straßburg or Venice, | 2 oz.  | 4 oz.             |

## V.

|                                                    |       |                   |
|----------------------------------------------------|-------|-------------------|
| Vinegar,                                           |       | 2 gallons.        |
| Vinegar of Litharge, or Goulard's Extract of Lead, | 2 oz. | $\frac{1}{2}$ lb. |
| Vitriol, White,                                    | 1 oz. | 2 oz.             |
| Vitriol, Blue,                                     | 1 oz. | 4 oz.             |
| Verdigrease,                                       | 4 oz. | 8 oz.             |
| Red Precipitate,                                   | 1 oz. | 4 oz.             |
| Corrosive Sublimate,                               |       | $\frac{1}{2}$ oz. |

At the same time the undermentioned articles should be ordered, which are equally necessary in Families and on Plantations:—

1 Large Clyster Syringe—1 Small ditto—6 Small ditto for Injections—4 Lancets—1 Instrument for extracting Teeth—3 or 4 Eye-Cups—1 dozen Bougies, in forts—3 dozen Phials in forts, with Corks—1 Nest Pill-Boxes—Scales and Weights—Lint—Tow.

A small room should be set apart as a Dispensary, for containing and administering the above necessary Medicines, &c. or else a large press, with shelves and drawers, should be provided to deposit them in, so as they may be promptly got at when wanted, and that there may be no waste.

To prevent pilferage or accidents, they should be kept locked up, and the key deposited with some domestic who is seldom out of the way, or who should never absent himself without delivering the key to another confidential person.

The DOSES in the following Catalogue are for Adults, or Patients not under 15 years of age; to those who are younger, they must be lessened; viz. APPENDIX.

To Young Persons, under 15 years of age, give  $\frac{2}{3}$  of the prescribed dose.

To Children, of 7 years,  $\frac{1}{2}$  ditto.

\_\_\_\_\_ of 3 years,  $\frac{1}{4}$  ditto.

\_\_\_\_\_ of 1 year, 1-6th ditto.

\_\_\_\_\_ at the breast, 1-10th, or 1-12th ditto.

It is recommended that the Medicines, marked in the following Catalogue with an asterisk (\*), be taken or given with greater caution, or not taken but by the advice and prescription of some practitioner.

## A.

ALOE in Powder, or in a Pill, from 5 gr. to 1 scr.

ALUM in Powder, from 5 to 15 gr.

\*ARSENIC, from 1-16th to  $\frac{1}{2}$  gr.

ANTIMONY, *Crude*, in Powder, from 5 gr. to 1 dr.

ASSAFÆTIDA in Pills, from 10 gr. to  $\frac{1}{2}$  dr.

## B.

BARBADOES TAR.

BALSAM *Capivi*, from 30 to 60 drops, in Sugar.

\_\_\_\_\_ *Canada*, ditto, ditto.

\_\_\_\_\_ *of Peru*, from 20 to 40 drops, in ditto.

BORAX in Powder, from 5 gr. to  $\frac{1}{2}$  dr. in Syrup, or Honey.

BARK, *Peruvian*, in Powder, from 15 gr. to 1 dr.

\_\_\_\_\_ *Angustura*, from 10 to 20 gr.

## C.

CALOMEL, in Powder, or Pill, from 3 to 10 gr.

CAMPHOR, from 3 to 15 gr.

COLUMBO-ROOT in Powder, from 10 gr. to 3 scr.

CONFECTION, *Aromatic*, from 1 scr. to 2 scr.

\_\_\_\_\_ *Opiate*, from 10 gr. to  $\frac{1}{2}$  dr.

\_\_\_\_\_ *Japonic*, from 10 gr. to 1 scr.

## E.

ELIXIR *of Vitriol*, from 20 to 30 drops, in a glass of Water.

\_\_\_\_\_ *of Guaiacum*, from 30 drops to 2 tea spoonfuls, in Barley-Water.

\_\_\_\_\_ *Paregoric*, from 30 to 100 drops, in Water.

\_\_\_\_\_ *Sacred*, from 2 dr. to  $\frac{1}{2}$  oz.

Y y 2

\*Fex-



## FORMS OF MEDICINES.

APPEN-  
DIX.

## F.

\*FONGLOVE in Powder, from 1 to 3 gr.  
 ——— in Tincture, from 15 drops to 200.

## G.

GUM Guaiacum in Powder, 1 scr. in Syrup.  
 ——— Ammoniac in Pills, 1 scr. or  $\frac{1}{2}$  dr.  
 ——— Kino in Powder, from 10 to 20 gr. in Syrup, or Port Wine.  
 GAMBOGE, from 2 gr. to 12 gr.

## I.

IPECACUAN in Powder, from 10 gr. to  $\frac{1}{2}$  dr. as a Vomit; from 1 to 5 gr. several times in the day, in Fluxes.  
 JAPAN-EARTH, or Catechu, from 1 scr. to  $\frac{1}{2}$  dr. in Port Wine.

## L.

LAUDANUM, from 15 to 100 drops. The Dose of Laudanum, or of Opium, is entirely relative to the constitution of the patient. Some persons will be more affected with 25 or 30 drops, the ordinary dose, than others by 50 or 100.

## M.

MAGNESIA, from  $\frac{1}{2}$  dr. to 2 dr.  
 MADDER in Powder, from  $\frac{1}{2}$  dr. to 1 dr.  
 MANNA, 1 or 2 oz. dissolved in Warm Water.  
 MERCURY, viz. Calomel.—See Calomel.  
 \*———— Corrosive Sublimate, dissolved in Spirits or Water, from  $\frac{1}{8}$  to  $\frac{1}{4}$  gr.  
 ——— Calcined, from 1 to 3 gr. in Pills.  
 \*———— Turpeth-Mineral, from  $\frac{1}{2}$  gr. to 1 gr. in a Pill.  
 \*MURIATIC ACID, or Spirits of Salt, 2 dr. in a quart of Water, or from 5 to 10 drops in 2 oz. of Water, to be taken several times in the day.  
 MUSK, from 10 to 30 gr. in a Bolus.  
 MUSTARD SEED, White, 2 table spoonfuls in a glass of Cold Water, twice in the day.  
 MYRRH, from 10 gr. to  $\frac{1}{2}$  dr. in Powder, or Pills.

## N.

NATRON (Soda, or Fossile A'kali,) from 10 gr. to 1 scr. in Water, or Bitter Infusion.  
 NITRE in Powder, from 3 to 15 gr.  
 \*NITRIC ACID, 2 dr. to 1 quart of Water; a glass full frequently.

## O.

OIL of Amber, from 5 to 20 drops, in Barley-Water.  
 ——— Aniseed, from 3 to 10 drops, in a Mixture.  
 ——— Mint, from 1 to 3 ditto, ditto.

OIL.



# FORMS OF MEDICINES.

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- \* OIL of Cinnamon, from 1 to 3 drops, in a Mixture.
- \* OPIUM in a Pill, from  $\frac{1}{2}$  gr. to 2 or 3 gr.—See *Laudanum*.
- \* OXYMEL of Squills, 2 small tea spoonful.

## P.

- \* PILLS, Aloetic Pills, with Myrrh, from 1 scr. to  $\frac{1}{2}$  dr.
- \* ————— Coloquintida, with Aloe, from 1 to 2 scr.
- Fœtid, or Gum Pills, 1 scr.
- \* ————— Mercurial, or Blue Pills, from 10 to 15 gr. in the day
- Squill Pills, 15 gr. to 25 gr.
- \* POWDER, Aloetic, with Canela Alba, from 10 gr. to 1 scr.
- Ditto, with Iron, 10 gr. to 1 scr.
- Ditto, with Guaiacum, ditto.
- Dover's Powder, from 10 to 20 gr. at night.
- \* ————— James's, or Antimonial Powder, from 3 to 5 or 7 gr. every three hours.
- \* ————— of Senna, Compound, from 1 scr. to  $\frac{1}{2}$  dr.
- \* ————— of Scammony, with Aloe, from 10 gr. to 1 scr.
- \* ————— of ditto, with Calomel, ditto.

## R.

- \* RUST of Iron, prepared, from 5 gr. to  $\frac{1}{2}$  dr. in Syrup of Ginger.
- \* RHUBARB in Powder, from 10 gr. to  $\frac{1}{2}$  dr.
- \* RHUS TOXICODENDRON, *Poison Oak*. This new Medicine, in Paralytic Disorders before mentioned, must be used with great caution. The Dose at first should not exceed  $\frac{1}{4}$  of a grain, but it may be increased gradually to the quantity of a great many grains.—See ALDERSON'S *Essay on the Rhus Toxicodendron*.

## S.

- SALT, *Purging Salts*, from  $\frac{1}{2}$  oz. to 1  $\frac{1}{2}$  oz.
- of Tartar, or Wormwood, from 5 gr. to  $\frac{1}{2}$  dr. in Water.
- of Hartshorn, from 5 to 15 gr. in a Bolus.
- of Steel, from 2 to 5 gr. in Water, or Bitter Infusion.
- SERPENTARY, or Snake-Root, from  $\frac{1}{2}$  scr. to  $\frac{1}{2}$  dr. in Powder, with Syrup of Ginger.
- SCAMMONY, from 3 to 15 gr. in Pills, or Barley-Water.
- SPERMACEI, from 1 scr. to 1 dr. with Sugar, or in Emulsion.
- SULPHUR, *Flowers of*, from  $\frac{1}{2}$  dr. to 2 dr. in Milk, or Molasses.
- SPIRITS of Hartshorn, 1 or 2 tea spoonfuls in Water.
- Sal Armoriac, from 15 drops to 1 tea spoonful.
- Volatile, Fœtid, from 10 to 30 drops in Water.
- Lavender, Compound, from 1 to 2 tea spoonfuls in Sugar.
- Sweet Nitre, from 1 to 2 tea spoonfuls in Barley-Water.
- Mindererus, from 1 to 2 table spoonfuls, with Water.
- SQUILL, dried\*, in Powder, from 2 to 4 gr. in Ginger Syrup.

SQUILL,

- \* Dried Squills do not keep well; it is better, therefore, to keep the Oxymel or Vinegar.

# FORMS OF MEDICINES.

APPEN-  
DIX.

SQUILL, *Vinegar of Squills*, 1 tea spoonful in Ginger-Tea.  
——— *Oxymel of Squills*, ditto, ditto.

## T.

TARTAR EMETIC, from 2 to 5 gr. in Water, as a Vomit.  
——— *Soluble Tartar*, from  $\frac{1}{2}$  oz. to 1 oz. in  $\frac{1}{2}$  pint of Water.—Dose, a wine-  
glass full frequently.  
——— *Vitriolated Tartar*, from 1 dr. to  $\frac{1}{2}$  oz. in Water.  
TINCTURE of *Aloes*, or *Elixir Proprietat.* from 15 to 60 drops in Water.  
——— *Aromatic*, from 1 to 2 tea spoonfuls in Water.  
——— of *Assafetida*, from 20 drops to 1 tea spoonful.  
——— *Bark*, 1 or 2 tea spoonfuls in Water or Wine.  
——— *Catechu*, or *Japan Earth*, from 1 to 2 tea spoonfuls in Red Wine  
and Water.  
\*——— *Cantharides*, from 5 to 30 drops.  
——— *Castor, Compound*, a tea spoonful.  
——— *Cardamom*, ditto.  
\*——— *Muriated of Iron*, or *Tincture of Steel* in *Spirits of Salt*, from 10  
to 30 drops in Water.  
——— *Jalap*, from 2 tea spoonfuls to a table spoonful.  
——— *Gum Kino*, the same as *Catechu*.  
——— *Guaiacum, Volatile*, 1 or 2 tea spoonfuls.  
——— *Opium*.—See *Laudanum*.  
——— *Rhubarb*, 1, or 2, or 3 table spoonfuls.  
——— *Snake-Root*, a tea spoonful or two.  
——— *Valerian, Volatile*, from 20 to 60 drops in Water.

## V.

VITRIOL, *White*, from 10 gr. to 1 scr. in 4 oz. of Water, for a Vomit.  
\*——— *Blue*, from  $\frac{1}{2}$  gr. to  $1\frac{1}{2}$  gr. in 2 oz. Water, for a Vomit.  
——— *Green*, from 3 to 7 gr.—See *Salt of Steel*.

## W.

WINE, *Antimonial*, from 10 to 50 drops in Mint-Tea.  
——— *Ipecacuan*, from  $\frac{1}{2}$  oz. to 1 oz. for a Vomit.  
——— *Steel*, 1 or 2 tea spoonfuls in Water, or Bitter Infusion.

## Z.

\*ZINC, *Calcined*, or *Flowers of*, begin with 2 gr.—From this Dose to 1 scr.

APPEN.

# A P P E N D I X.

## P A R T S E C O N D.

---

*Scire potestates Herbarum, usumque medicum.*

---

In every soil, unnumber'd weeds will spring;  
Nor fewest in the best:—————

—————And yet some weeds arise,  
Of aspect mean, with wondrous virtues fraught:

Such, planter, be not thou ashamed to save  
From foul pollution, and unseemly rot;  
Much will they benefit thy house and thee.  
But chief the YELLOW THISTLE\* thou select,  
Whose seed the stomach frees from nauseous loads;  
And, if the music of the mountain dove  
Delight thy pensive ear, sweet friend to thought!  
This prompts their cooing, and inflames their love.  
Nor let rude hands the KNOTTED GRASS† profane,  
Whose juice worms fly: Ah, dire endemial ill!  
How many fathers, fathers now no more;  
How many orphans, now lament thy rage?  
The Cow-ITCH also save; but let thick gloves  
Thine hands defend, or thou wilt sadly rue  
Thy rash imprudence, when ten thousand darts,  
Sharp as the bee-sting, fasten in thy flesh,  
And give thee up to torture. But unhurt,  
Planter, thou may'st the humble CHICKWEED‡ cull;  
And THAT,§ which coyly flies the astonish'd grasp.  
Not the confection nam'd from Pontus' King;  
Not the blest'd apple Median climes produce,

Tho:

\* Gamboge Thistle, or Poppy. (*Argemone*).

† *Holosteum*,

‡ Worm Grass. (*Anthelmia*.)

§ Sensitive Plant. (*Mimosa*).

Tho' lofty Maro (whose immortal muse  
 Distant I follow, and, submissive, adore)  
 Hath sung its properties, to counteract  
 Dire spells; slow-mutter'd o'er the baleful bowl,  
 Where cruel stepdames poisonous drugs have brew'd;  
 Can vie with these low tenants of the vale,  
 In driving poisons from the infected frame:  
 For here, alas! (ye sons of luxury mark!)  
 The sea, tho' on its bosom Halcyons sleep,  
 Abounds with poison'd fish; whose crimson fins,  
 Whose eyes, whose scales, bedropt with azure, gold,  
 Purple, and green, in all gay Summer's pride,  
 Amuse the sight; whose taste the palate charms;  
 Yet death, in ambush, on the banquet waits,  
 Unless these antidotes be timely given.  
 But, say what strains, what numbers can recite,  
 Thy praises, VERVAIN; or WILD LIQUORICE,\* *Umb.*  
 For not the costly root, the GIFT OF GOD,†  
 Gather'd by those, who drink the Volga's wave,  
 (Prince of Europa's streams, itself a sea)  
 Equals your potency! Did Planters know  
 But half your virtues; not the Cane itself,  
 Would they with greater, fonder pains preserve!

\* *Abrus Precatorius.*† *Rhubarb.*



## J A M A I C A S I M P L E S.

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*Such as have an Emetic Quality, or that Vomit.*

**R**ED-HEAD, or BASTARD IPECACUANHA (*Asclepias curassavica*).—Expressed Juice of the Plant. Dose, from a tea spoonful to 1 or 2 table spoonfuls.—Powdered Root, also Emetic; but, according to Dr. Wright, is not safe. The Dose is from 1 to 2 scr.; and, to obviate any danger from it, Mr Long proposes that it should be infused in Warm Water, and then dried before use.—Expressed Juice, to be injected as a Clyster in Bleeding Piles.

APPEN-  
DIX.

**PORK WEED—JUCATO** (*Phytolacca dodonaea*).—1 oz. of the Dried Root, infused in 1 pint of Wine, and given to the quantity of 2 spoonfuls, operates kindly as an Emetic.—Juice of the Root, a Family Purge in North-America. *Cutler. Martyn's Botanical Dictionary.*

**MUSK OCHRA** (*Hibiscus abelmoschus*).—The Seeds are Emetic.

**MUSK, or ALLIGATOR WOOD** (*Trichillia gaura*).—Powder of the Bark.

**COB-NUT** (*Orplata diand.*).—Cotyledons of the Nuts, Emetic and Purgative.

**YELLOW, or GAMBOGE THISTLE** (*Argemone Mexicana*).—The Seeds are Emetic, and, according to Dr. Grainger, are as useful as the Ipecacuanha in curing Dysentery. They are also Purgative, and given in the Belly-Ache, in the Dose of a thimble-full. *Barham. Browne. Long.*—Dr. M<sup>r</sup> Vicar Affleck has used the following Remedy in Belly-Ache, with great success; *viz.* Seeds of the Poppy (or Thistle), 2 dr. boiled in  $\frac{1}{2}$  pint Water, and sweetened. Dose, a table spoonful every half hour.—Smoked with Tobacco, they are Narcotic. See *Barham*.

*Such Plants as are Purgative—Cathartics.*

**VERVAIN** (*Verbena Jamaicensis*).—Expressed Juice of the Plant. Dose, 1 or 2 table spoonfuls. A Cooling Purge for Children in Fevers and Worms.—The Vervain is likewise a Remedy of particular note inundry Negro Maladies, that defy ordinary Medicines. *Slane* says, that a Decoction of it, with Spikenard (*Ballota suaveolens*) cures Dropsies. *Hughes* says, that Vervain is a powerful Deobstruent; that a table spoonful of the Juice, for four successive mornings, is more effectual in bringing on the Catamenia, than any other Medicine. According to *Barham* it is likewise an excellent Vermifuge.

Z z

CALABASH

## JAMAICA SIMPLES; or,

APPEN-  
DIX.

- CALABASH** (*Crescentia cujete*.)—Expressed Juice of the Pulp. Dose,  $\frac{1}{2}$  pint.
- GOURD** (*Cucurbita lagenaria*.)—Decoction of Leaves for Clysters. *Martyn's Botanical Dictionary*.
- CERASEE** (*Momordica balsamina*.)—Decoction of the Leaves, and of the whole Plant.—Powder of the Root. Dose, 2 scr. *Barham. Wright*.
- BARBADOS PRIDE** (*Poinciana*, vel *casalpinia*, *juch.*)—Tea of the Leaves and Flowers.—Syrup of the Flowers.—Powder of the Seeds. Dose, 1 dr. A cure for the Belly-Ache. *A. Robinson*.
- SENNA** (*Cassia*.)—All the species of Cassia are purgative. *Labat* says, that the French imported Senna from their West-India Islands. Dr. *Wright* found one species on the Pallisadoes, strongly resembling the true Alexandrian Senna.
- CASSIA** (*Cassia-Esfularia*.)—Pulp of the Pod strained through a coarse sieve, may be kept as an Electuary.—*N. B.* The Pulp does not keep long, out of the Pod, without turning rancid. Dose, the bulk of a small Nutmeg.
- ORANGES**.—Juice of either the Sour or Sweet Orange, with common Salt. This is the common Purge among the lower People\* in the French Islands. *Labat*.
- TAMARINDS**.—The use of these is too well known to require mention.
- HOG GUM** (*Hermannia*.)—The Juice running from the wounded Bark. Two table spoonfuls, with Sugar and Water, good in Belly-Ache. *Barham*.
- FOUR O'CLOCK** (*Mirabilis jalappa*.)—Powdered Root. Dose, 2 scr. or more. —A pound of this Root, according to *Barham*, yields only 1 oz. of Resin.
- WILD CASSADA** (*Jatropha gossypifolia*.)—6 or more of the young Leaves boiled, and eaten as Callilue, a powerful Purge in the Dry Belly-Ache.—15 or 20 of the Leaves in Decoction, for a Clyster, with Castor-Oil, in the same Complaint.—*A. Robinson* advises the Decoction internally. *Leag*.
- SAND-BOX** (*Hura crepitans*.)—A single Seed, or one Seed and a half, in Dry Belly-Ache. It causes Vomiting, but produces Stools without Gripings†.
- Med. Comm.* 1787. *Brown. Martyn*.
- LIGNUMVITÆ**.—Syrup of the Flower, like Syrup of Violets.—Fruit very Purgative. *Barham*.
- CREEPING HAIRY SPURGE-CALACICA** ‡ (*Euphorbia hirta*.)—The dried Plant powdered. Dose, 1 dr. in Dry Belly-Ache. *Trapham. Barham*.
- QUAMOCLIT, or BARBADOS SWEET WILLIAM**.—The Root in Decoction.
- GAMBOGE THISTLE**.—See page 357.
- SEA-SIDE POTATOE SLIP** (*Coccoloba brasiliensis*.)—Decoction of the Root in Dropsy. See *Pis*, 259.—Dr. *Wright* says, that Scammony may be prepared from it.

GREEN

\* Filibusters.—Ducaneers.

† Hernandez directs them to be roasted.

‡ Calacica of Piza, who gives a wonderful account of it as an antidote to Poison.

**GREEN WYTHE** (*Epiderd. claviculat.*)—Expressed Juice. Dose, a table spoonful. Diuretic, Cathartic, and Vermifuge. *Drummond.*

**CABBAGE BARK** (*Gossypia inermis.*)—Powdered Bark, 15 gr. with as much Jalap, a good Purgative. See *Vermifuges.*

**CASTOR-OIL NUT** (*Ricinus am.*)—The use of Castor-Oil is so well known that it need not be directed here; but *A. R.* advises a particular mode of giving it in Dry Belly-Ache; viz. Take 2 tea spoonfuls of the Oil, and 3 ditto of Rum; mix them together, and set the Rum on fire. After burning for half a minute, blow out the fire. The remaining mixture is to be taken every two hours, till stools are procured.

**INFUSION OF CASTOR-OIL NUTS.**—Take 8 oz. of the Nuts with the Green Stem, bruise them, and infuse them in a pint and a half of Water for the space of one night, and then add  $\frac{1}{2}$  pint of Rum. The Dose is 4 spoonfuls in the morning, in Yaws, Ulcers, Dropsy, &c. If the operation be too violent, it may be checked by drinking a little Salt Brine. *A. Robinson.*—Dr. *McVicar* *Applack* made trial of this Medicine, and found it very efficacious, but too rough in the above Dose. *Piso* recommends a Tincture of Oil-Nuts in Spirits. *Semen illius Catharticum est, et multo validius quam oleum; convenit in Spiritu Vini optime macerare semina multa, et inde Unciam e Cochliari exhibere.* *Pere Labat* says, that in the French Islands the Oil is used with great success externally in Swellings, Pains, &c. *Tom. III. page 282.*

**COMMON PHYSIC NUT** (*Jatropha curcas.*)—The Oil prepared in the same manner as Castor-Oil. Dose, 1 table spoonful in Dropsy. The Nuts eaten, which are very agreeable, are strongly Purgative\*. *Hughes.*

**FRENCH PHYSIC NUT** (*Jatropha multifida.*)

**SPANISH ARBOR VINE** (*Ipomœa tuberosa.*)—The Milk of the Plant strongly Purgative. Dried, may be used for Scammony. *Barham.*

### *Such as promote Urine—Diuretics.*

**CONTRAYERVA** (*Aristolochia olerat.*)—Infusion or Decoction of the Root.—Infusion in Wine, with Orange Peel.—It is not only Diuretic and Purgative, but a good Stomachic. *Long.*

**COW-ITCH** (*Dolichos pruriens.*)—Root in Decoction, Diuretic. *Barham.*

**CURATOE** (*Agave.*)—Expressed Juice of the Leaf. • *Barham.*

**GRASSES.**—Decoction of the Roots.

**NEPHRITIC WOOD, CATS-CLAW** (*Mimosa, unguis cati.*)—Decoction. *Barham.*

\* It is a common notion that the Purgative Quality of these Nuts lies in the membranous septum of the Lobes; but this, says *Hughes*, is an error.



APPEN-  
DIX.

- PENGUIN (*Bromelia*.)—The Pulp mixed in Rhenish Wine.
- WINTER CHERRY (*Physalis angulosa*.)—Juice of the Plant, with Cayenne Pepper, promotes Urine and eases Cholic. *Barham*.
- PRICKLY PEAR OR INDIAN FIG (*Cactus Opuntia*.)—Ripe Fruit.
- OIL-NUT (*Ricinus*.)—The Root in Decoction. *Browne*.
- SPIKENARD (*Balicta suaveolens*.)—Infusion or Decoction of the Plant, Aromatic.—Has great reputation in Dropsy and in Gravel. *Barham*.
- TRUMPET-TREE (*Cecropia peltata*.)—The Ashes are strongly alkaline. A Ley may be made with them and mixed with Bitter-Wood Infusion—Four oz. to be taken three or four times in the day, in Dropsy. The Ley of these or any Wood-Ashes may be substituted for the Salt of Wormwood, when that cannot be had.—*N. B.* The Elastic Gum is obtained from this tree, and from some other plants of this island.
- RED SORREL (*Hibiscus sabdariffa*.)—A cooling Diuretic Drink is made of the Pods boiled and sweetened.\*—The same may be made of the Preserved Sorrel or Sorrel Jam, to which may be added Nitre.
- SOUP-SOP.—The ripe Fruit, or Jam made of it.—*Labat* speaks also of a Wine or Drink made of it.†
- ARSEMART (*Polygonum Persicaria*.)—The fresh Plant in Decoction. Dose, a wine-glass full.—Infusion of the dried Plant likewise powerfully Diuretic, and very useful in Gravelly complaints. *Mr. Felfed*.
- WATER LILY (*Nymphaea Nelumbo*.)—Root and Seeds, cooling, good in Thirst, Vomiting, Diarrhoea, &c. This is the famous Lotus of the Egyptians.
- WOOD SORREL (*Oxalis stricta*.)—The Plant may be eaten as Salad, or made a Decoction of.
- PURSLANE (*Portulacca pilosa*.)—Salad, boiled, expressed Juice.
- TURNSOLE (*Heliotropium Jam*.)—Decoction of the Plant.
- NEESEBERRY (*Achras sapota*.)—From 6 to 12 Seeds, pounded in a mortar and made into a pint of Emulsion, to be taken at several times. *Jacq.* see *Stirp. American*.
- DUMB-CANE (*Arum squinnum*.)—Expressed Juice of the Stem and Root, 3 parts; Rum, 1 part. Recommended by *A. R.*; but *Dr. Wright* says he never could find a patient capable of swallowing it. Negroes have sometimes tried to poison themselves with it, but always fail in the attempt. *Barham* advises an Ointment, made with the Plant and Lard, to be rubbed on dropfical Limbs; and *Piye* says the Roots, boiled in Urine, are a proper Fomentation in the Gout.
- Piye*, ii. 59. Expressed Juice used for curing Crab-Yaws.

STINKING

\* Succus expressus, fermentatus saccharoq. saporatus, Vinum haud ingratum rubrum præbet, at  
 six Mensem diuturnum. *Jacq. Obi.* part ii. p. 10.

† It is called by the French Corossal. - See *Labat*, Tom. iii. p. 291.



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STINKING WEED or PISS-A-BED (*Cassia occidentalis*.).—The Root in Decoction, Diuretic. Expressed Juice, a cure for the Negro Itch, Craw-Craws, &c.  
LILY ROOT (*Pancratium*.).—Bulbs in Decoction, a Diuretic Drink for Horses.

APPRO-  
PRIATE

### *For promoting Perspiration and Sweat—Diaphoretics.*

WILD SAGE (*Laranea camara*.).—Infusion of the Leaves.  
LEMON GRASS.—This Plant (Genus unknown, as I have never seen it in flower) was introduced only three or four years ago, but is now common in the gardens. It makes a grateful Infusion like Baume.  
WILD LIQUORICE VINE (*Abrus precator*.).—In Infusion.  
GINGER TEA.  
ROSE WOOD (*Amyris balsamifera*.).—Infusion of the Leaves. Long.  
YELLOW or GAMBOGE THISTLE.—Infusion of the Plant. Browne.

### *Such as are good in Coughs and Complaints of the Lungs—Demulcents and Pectorals.*

OCHRO (*Hibiscus esculentus*.).—Decoction of the Leaves and Pods serves in place of Linseed Tea.  
VELVET LEAF (*Cissampelos pareira*.).—Decoction of the Plant may be made into Syrup.  
WILD LIQUORICE (*Abrus precator*.).—Infusion or slight Decoction of the Vine or Plant.  
MAIDEN-HAIR (*Adiantum Trapeziforme*.).—Syrup of the same, like the Syrup of Maiden-hair in Europe.  
SANTA MARIA LEAF (*Piper umbellat*.).—Syrup made of the Decoction good in Colds, and an antidote to Poison. Piso—Browne.  
CALABASH (*Crescentia cujette*.).—Pulp of the Fruit made into a Syrup. Dr. Al'Vicar Affleck relates some singular instances of its efficacy, in Pulmonary Complaints that were attended with Hectic Fever.\*  
BALSAM (*Jussiaea pectoralis*.).—Decoction made into Syrup. Jacquin.  
SWEET BROOM WEED (*Scoparia dulcis*.).—Infusion of the Plant. Expressed Juice, three spoonfuls. Barham.  
COTTON TREE (*Bombax*.).—The young Buds very mucilaginous, like Ochro.

VANGLOR

\* Jacquin says, *E. Pulpi Fructuum Syrupum consistant Incolle, summi Medicaminis celebritate, potissimum in variis Pectoris Morbis, inq. Contusionibus internis.* Jacquin's Stimp. American.

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DIX.

VANCLOE (*Sesamum*.)—Emulsion of the Seeds. The Sesamum, or Oily Grain, has been in use among the Oriental Nations from the earliest ages. A valuable Oil was obtained from it formerly. At present it serves the Egyptians for Food and Physic, and they likewise use it as a Cosmetic. *Sonini's Travels*.

COCOA-NUT (*Palma cocos nucif.*)—Emulsion and Oil of the Kernel. Pound the Kernel in a mortar with Water, then put it in a vessel with a larger quantity of Water; let it settle, and then skim off the Cream. This is preferable to the Expressed Oil, which soon becomes rancid.

MACKAW FAT or OIL of the GUINEY PALM (*Elaïs Guinensis*.)—The Negroes make great use of this, externally, for easing pains. This is the Oil which has been made use of for anointing the body, all over the East, from the most ancient times.

MELON SEEDS.—Emulsions of them.

PINDARS or GROUND-NUTS.—Emulsion of them.

*For promoting the Terms in Women—Emmenagogues.*

CERASEE (*Momordica balsamin.*)—Slight Decoction of the Plant. The Balsam that exudes on cutting into the full grown unripe Fruit, is used for Fresh Wounds.

BARBADOES PRIDE (*Casalpinia pulcherrima*.)—Infusion of the Leaves and Flowers.—Syrup of the Flowers.

CONTRAYERVA (*Arifolochia odorat.*)—See page 359.

WATER GERMANDER (*Stemodia maritima*.)—The Juice, Infusion, Decoction, and Powder. Dose of the last,  $\frac{1}{2}$  dr. to 1 dr.—Infused in Red Port, good against Fluxes. *Barham*.

WILD TANSEY (*Parthenium Hysteroph.*)—Decoction of the Plant may be used in Clysters, Baths, &c. and internally.

*For purifying the Blood—Alteratives.*

LIGNUMVITÆ—GUM GUAIAIUM.—See page 358.—*Barham* prefers the Fruit to either the Wood or Bark, and says he has cured the Lues Ven. and Yaws therewith, without Mercury.

LOCUS or COURBARIL (*Hymenia*.)—The Gum in Spirits, according to *Browne*, has the same efficacy as Gum Guaiac. *Martyn*.

MANCHIONEAL (*Hippomane mancinella*.)—*Barham* says the Gum of this may be used in place of the Gum Guaiac. *Barham*.

MYRTLE

## COUNTRY REMEDIES.

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DIX.

- MYATLE LEAVED SPURGE (*Euphorbia tithamilioid.*)—Decoction of the Plant used in South-America for curing Lues Venerea. *Jacquin. Martyn.*
- MAJORE, or TOM BONTEIN'S BUSH (*Picramnia antidesma.*)—An infusion used for curing Lues Venerea. *Swartz.*
- CHINA ROOT (*Smilax pseudochin.*)—Bastard Sarsaparilla, or Wild Yam. Decoction of the Root in place of true Sarsaparilla.
- YELLOW SANDERS or MOUNTAIN OLIVE (*Hudsonia of A. R.*)—The Bark, in Decoction cures Venereal Complaints. Negroes call it Negressa.
- SNOWBERRY or DAVID'S ROOT (*Crocosia racemosa.*)—Decoction of the Root, in Rheumatisms, old Venereal Complaints, Bone-ache, Spina Ventosa, &c. The smaller the Plant, the greater the efficacy of the Roots. *Bro. Jam.* 164.

### For strengthening the Stomach, &c.—Stomachics, Tonics.

- CONTRAYERVA (*Aristolochia.*)—Root infused in Wine, with Orange Peel. *Long.*
- CALABASH COCCOON ANTIDOTE (*Ferulica scandens.*)—The Kernel, sliced and infused with Orange Peel, and a little Wild Cinnamon, in Rum, an excellent Bitter, and opening Medicine.
- MAJORE BITTER—TOM BONTEIN'S BUSH (*Picramnia antidesma.*)—Decoction of the Leaves. Dose, a wine-glass full. *Mr. Gray.*
- LOCUS (*Malphigia crassifol.*)—Bark of the small Branches may be used for the Peruvian Bark.
- LILAC—HOOP TREE (*Melias.*)—Bark of this Tree, *Dr. Roxburgh* says, is used in the East-Indies for the Peruvian Bark.
- ADRUÉ (*Cyperus articul.*)—See Fig. in *Sloane*, Tom. 81. The Roots aromatic and stimulant, may be used in the place of Virginian Snake Root. Infusion good in Vomings, Fluxes, &c. The late *Dr. Brodely*, of Spanish-Town, made great use of this in his practice.
- ROSE WOOD (*Amyris marit. et balsamif.*)—Infusion of the Leaves aromatic and cephalic, good for Weak Eyes. *Long.* The Berries like Balsam Capivi. *Dr. Martyn* suggests, that if the Anyrises of Jamaica were tapped at a proper season, a Baham, similar to that of Gilead, might possibly be obtained.
- PORTLANDIA (*G. ascyflora.*)—The Bark, bitter and astringent, cures Intermittents. *Wright.*
- QUAESSIA or BITTER WOOD (*Qu. Poligama.*)—2 dr. or  $\frac{1}{2}$  oz. of the Chips, in a pint of cold Water, for Bitter Infusion.—15 to 30 gr. of the Powder. See *Lindley in Ed. Phil. Transact.*
- JAMAICA BARK (*Cinchona*; viz. *C. Carillana*—*C. Eucheropa*—*C. Triflora.*)—These are indigenous species of the Juncos or Peruvian Bark, and are exceedingly



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employed, like that, in stopping Intermittents, but must be given in small Doses, being considerably Emetic. See Dr. *Wright* and Mr. *Lindsay, Ph. Tr.*

NEESEBERRY BULLET-TREE (*Achras*.)—The Bark may be given for the Peruvian Bark. *Browne*.

HALBERT WEED (*Calea Jamaicensis*.)—Fresh Herb in Infusion, a good Bitter. *Browne*.

NEESEBERRY (*Achras sapota*.)—Seeds in Emulsion, a fine Bitter. *Martyn*.

## Such as are Binding, or Astringent.

GUAVA (*Psidium*.)—The young Leaves, Buds, and Fruit in Decoction.—The half ripe Fruit stewed.—Marmalade of the ripe Fruit excellent in Fluxes.

POMEGRANATE (*Punica granat.*)—The Rind of the Fruit. Boil in Water, with Cinnamon, and add Port Wine and Guava-Jelly. A Conserve may be made of the Flowers or Pulp, with Sugar. See *Pomet*.

MAMMEE SAPOTA (*Achras sapota*.)—Marmalade of the Fruit in Fluxes. *Martyn*.

CASHEW (*Anacardium*.)—Expressed Juice of the Fruit in Red Wine Sangree. Good in Female Weaknesses. Cure also for Dropsy. The Portuguese turn their Dirt-Eating Negroes out in the Cashew season, and force them to live on the Fruit. *Labat, Tom. II. 233*.

MAHOGANY.—Boil an oz. of the Shavings in 2 pints of Water, till one half is wasted. Dose, from 2 to 4 table spoonfuls frequently, in Diarrhœa or Loosenesses. *Hughes in Medical Facts and Observations, Vol. VI.*

LOGWOOD (*Hæmatoxylon*.)—Decoction of the Wood with Cinnamon. Add Guava-Jelly.

OPOPANAX.—Extract of, the same as the Succus Acacia; a strong Astringent. *Barham*.

BIRCH TREE (*Bursera Gummi*.)—Decoction of the Roots. This Tree affords a fine transparent Varnishing Gum.

SEA-SIDE GRAPE (*Coccoloba uvifera*.)—The Fruit is so very Astringent as to cause a degree of Costiveness in some cases dangerous. Of this I have known instances. It may therefore be a very useful Medicine in some Loosenesses\*.

HOG GUM (*Hermannia*.)—Made into Pills acts like Balsam Capivi in stopping Gleet.

NICKARS (*Guilandina bonduc*.)—The Powdered Nut in Seminal Weaknesses. *Grainger*. *Piso* says they are good to throw out the Yaws.

HOG

\* An old Lady I was once called to, had nearly lost her life by eating too many of these Grapes. She had no motion for three weeks, and it was with great difficulty that any were afterwards procured.



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- HOG MEAT (*Boerhaavia diffusa*).—Decoction in Dysenteries. *A. Robinso.*  
 STAR-APPLE (*Caryophyllum*).—The Juice of the unripe Fruit, with Orange Juice, very binding. *Browne.*  
 HOG-GUM (*Hernandia*).—Pills of it good in Gleets and Female Weaknesses.  
 TRUMPET-TREE (*Cecropia*).—The young Buds. *Barham.*

*Such as act upon the Nerves; viz. Fœtids, Narcotics, &c.*

- ERYNGO, or STINKING WEED (*Eryngium fœtid.*)—Infusion of the Leaves in the place of Valerian, and for Clysters, in Hysterics, &c.  
 YELLOW THISTLE (*Argemone*).—Seeds smoked intoxicating. *Barham.*  
 BULL-HOOF, or DUTCHMAN'S LAUDANUM (*Passiflora murucujia*).—Decoction of the Plant made into Syrup. The Flower infused in Rum. Used for Laudanum. *Brown.*  
 NICKARS (*Gülbindina*).—Nut in Powder. Dose,  $\frac{1}{2}$  dr. Good in Convulsive Affections. *Barham.*  
 PRICKLY YELLOW WOOD (*Zanthoxylon Clavi Hercules*).—2 spoonfuls of the expressed Juice of the young Roots give ease in Dry Belly-Ache, relieve Spasmodic Symptoms, Epilepsy. *Dr. Henny. Dr. Harris. See Mem. Med. Soc. Vol. V.* Infusion of the Roots, a Collyrium.  
 CONTRAYERVA.—See page 359.  
 GUINEA-HEN WEED (*Petiveria alliacea*).—Root in the mouth for Tooth-Ache.  
 THORN-APPLE (*Datura stramon.*)—Leaves applied to the Temples relieve Head-Ache. Applied to the Joints give ease in the Gout. Seeds may be given to 10 gr. *Browne.* *Dr. Hygeland*, in his account of Small-Pox, says he has found the Tincture of the Seeds of the Thorn-Apple a Narcotic Remedy superior to Laudanum, and that he has cured by it many obstinate Complaints of the Mental and Convulsive kind. An Ointment prepared from the Leaves gives ease in Hemorrhoids or Piles. Could the Extract be substituted for that of Hemlock, which is not to be kept good long in this climate? An Extract is directed by the Edinburgh College, which is given in Convulsions and Epilepsies.  
 WATER GERMANDER (*Stemodia*).—See page 362.  
 LOCUS (*Hymenæa courbaril*).—Vapours of the Gum burnt as Incense.

*Such as destroy Worms—Vermifuges, Anthelmintics.*

- CABBAGE BARK (*Grossiera vermis*).—Boil  $1\frac{1}{2}$  oz. of the Bark in a quart of Water, till it acquires the colour of Madeira Wine. Dose, from 2 table spoonfuls to 4, for three mornings, then a Dose of Oil. In Powder 15 gr. with as much Jalap, a good Purge. See *Dr. Wright, Ph. Tr.*

A 13

WORM

## JAMAICA SIMPLES; or,

APPENDIX.

WORM GRASS (*Spigelia Anthelmia*.).—Infusion of the Herb. Dose, 2 table spoonfuls to Children 4 or 5 years old. Expressed Juice, 1 table spoonful to Children 4 or 5 years old. When given in too large Doses, Narcotic and dangerous. Should never be given to Children under 2 years old. Dr. Clark gives, to Children above this age from 5 to 10 gr. of the dried Plant. See *Medical Facts*, vol. vii. Dr. Browne, who first recommended this useful Medicine, directs 2 handfuls of the Plant to be boiled in 2 quarts of Water down to 1. To the strained Liquor, a little Sugar and Lime-Juice, may be added. The Dose, to a full grown Person, is  $\frac{1}{2}$  pint every 6 or 12 hours, for 3 or 4 times, and then a Dose of Physic. *Browne's History of Jamaica*. See *Paper on the Worm Grass*, in the *Amœnitates Academicae*.

CRAWITCH (*Dolichos pruriens*.).—Dip the Pods in Syrup or Mellis, then scrape off the Hairs (*setæ*) with the Syrup, for an Electuary. Dose, from a tea spoonful to a table spoonful, for 3 mornings, then a Dose of Castor-Oil. *Chambrelaine*.

## Antidotes against Poisons.

INDIAN ARROW-ROOT (*Maranta*.).—The expressed Juice with Water, good against all acrid Poisons.

COCCOON (*Fevillea*.).—The Kernel infused in Water and Rum. In all cold Poisons.

CANE-PIECE SENSITIVE PLANT (*Cassia chamæcris*.).—Decoction. 2 quarts in the day against the Poison of Night-Shade. Dr. Wrig t.

CREEPING and PRICKLY SENSITIVE PLANTS (*Mimosa*.).—Root (cleaned and barked) beat in a mortar till it makes a paste. About 15 gr. (*poids de 15 sols*) to be taken in Red Wine. *Labat* relates some most extraordinary instances which he saw, of Persons who were poisoned, being recovered by this Remedy, which, from the violence of its operation, might be deemed a Poison itself. (*Labat*, tom. iv. 511.) *Piso* speaks both of the deleterious and antidotal effects of these two Plants. (See page 304.) *Imo. Quidem Folia in pulvere redacta, et exigua quantitate aliquoties exhibita, clam exitium hominibus inferunt. 2do. Radices non minus talem præstant antidotum, quam Felix pernicioso turgent veneno.*

SOUR-SOP (*Annona*.).—Decoction of the Roots used in Guadalupe against Fish Poison. *Græinger*.

FIG-TREE (*Ficus benghal.*).—Sap or Milk of the young Branches, against the Manchioneal Poison.

GERMANDER (*Stemodia*.).

JABOKAND (*Piper reticulat.*).—Juice an Antidote to the Poison of Mushrooms and Cassida. *Piso*.

WILD PASSION FLOWER, or CONTRAYERVA (*Passiflora normalis*.).—The Root recommended as a Counter-Poison. *Hernandez*.

SPURGE

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SPURGE (*Euphorbia hirta*.)—See page 338.

WHITE CEDAR (*Bignonia lencæxylon*.)—Against the Manchioneal Apple.  
*Grainger.*

CONTRAYERVA\* (*Aristolochia*.)—See page 359. This is the *Lianne*, or Serp-  
pent Wythe of the French. See *Labat*, tom. iii. 229.

CITRON JUICE.—According to *Labat*, this and Cordials, the Antidote to the  
Manchioneal Poison.

### Externals.

COLLYRIA, or EYE WATERS, &c.—Infusion of the Root of the Prickly Yellow  
Wood.—Juice of the Plantain Leaf (*Plantago major*.)

FOR TAKING SPECKS OFF THE EYES—Juice of the Yellow Thistle.—Pawpaw  
Juice.—Juice of Wild Celandine.

### Sternutatories, or such Things as excite Sneezing.

Powder of Wild Cinnamon (*Can. alb.*)—Ditto of Wild Rosemary (*Croton*.)—  
Ditto of the Gland, contained in the Stem of the Wild Cassada (*Jatropha gossypif.*)

### Gargles and Mouth Waters.

WILD HOPS (*Clinopod. rugos.*)—Infuse with Honey and Alum.

SEA-SIDE PURSLANE (*Sesuv. Portulac.*)—Decoction.

CAPSICUM, or BIRD PEPPER.—Peppered Vinegar in Barley-Water and Honey.

GERMANDER.—Decoction. See page 362.

PENGUIN FRUIT.—Pulp mixed with Honey, for Ulcerated Mouth, &c.

SELF-HEAL, or ALL-HEAL (*Ruellia panicul.*)—Decoction with Honey and  
Vinegar. *Barham.*

### Clysters.

Decoction of Gourd Leaves, with the addition of Castor-Oil.—Decoction of 15  
or 20 Leaves of Wild Cassada, in Dry Belly-Ache.—Decoction of the Plant of  
A a a 2 Vervain

\* It has been asserted in a former part of this work, that the West-India Islands are unin-  
fected by Poisonous Serpents. From a Paper of Dr. Gillespie's, lately published, it appears that  
in three of the Islands; viz. Martinique, St. Lucia, and Bequia, there are some that are veno-  
mous, which, according to *Du Tertre*, were introduced from Terra Firma. The Cure for the  
Bite of these Serpents is the Contrayerva and Cordials; viz. Rum and other Spirits.—See *Philo-  
sophical and Medical Journal*, No. 20.



## JAMAICA SIMPLES; or,

P P E N -  
D I X.

Vervain.—Sempervive Juice, mixed with any of the above.—Red Head, or Wild Ipecacuan. Expressed Juice in Bleeding Piles.

*Styptics, for stopping Bleedings.*

Bruised Leaves of the Red Head, or Bastard Ipecacuan (*Aflep. curass.*) applied to Bleeding Wounds.—Expressed Juice, for a Clyster in Bleeding Piles.—Cerafee (*Momordica Balsam*). The Juice of the unripe Fruit dropped into the Wound.—Decoction of the Bark of the Black Olive (*Bucidas buceras.*)—Decoction of Mangrove Bark.—Water of the Plantain-Tree, internally and externally. *Barham.*

*Corrosives, Escharotics, &c.*

Milky Juice of the green Fruit of the Papaw, and of the Euphorbias or Spurges, to destroy Warts and Ring-Worms.

Juice of the Wild Celandine, or Parrot Weed (*Bocconia frutesc.*)—Oil of the Cashew-Nut, for taking out Freckles in the Face.

Jucato Calleeoe (*Phytolacca.*) The Leaves of the Plant bruised, as a Poullice in Cancer, very deterfive. The Extract as a Plaster. *Browne.*

Juice of the Dumb-Cane.—Bruised Leaves, or the Expressed Juice of the Ring-Worm Bush, (*Cassia herpetica*) as also Vervain, for the Cure of Itch, Tetters, and Ring Worm.

South-Sea Rose (*Nerium oleander.*) The Leaves are Acrid and Poisonous. Oil in which these are infused is recommended for the Cure of Itch, &c. *Martyn.*

*Baths, or Fomentations.*

Aromatic, &c.—These may be made of the Leaves of LIMES—GUAYA—SPIKENARD (*Balloia*)—WILD ROSEMARY (*Croton*)—SEA SIDE OX-EYE (*Buphth. marit.*) a fine aromatic—PIMENTO—WILD WORMWOOD (*Ambrosia*)—WILD TANSEY (*Parthenium hysteroph.*)—PEPPER ELDER (*Piper amalago*)—COMMON PHY-SIC-NUT (*Jatropha curcus*)—GERMANDER (*Stemodia marit.*)—ROSE WOOD (*Amyris marit.*), Leaves—DOG WOOD (*Piscidia erythrina*), Bark. A Decoction of the last may be used to clean foul Ulcers. *Barham.*—MANGROVE (*Rhizophora*) Bark, and MAMMEE Bark, for hardening the Soles of the Feet after the Cuticle has separated.

In Anasarca, Fomentations of the Bark of the HOG PLUMB (*Spondias entraf.*) *Barham.*

For the Craw-Craws and Ring-Worms—Decoction of, or expressed Juice of, either the SINKING WEED or RING-WORM BUSH (*Cassia occident. et Cassia herpetica.*)

*Emelliana*



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*Emollient Fomentations* may be made of OCHROW, and all the MAHOES, the SIDAS, ALTHÆAS, and other malvaceous Plants—CHICKWEED (*H. officum*)—HOG MEAT (*Boerhaavia*.)

APPEN-  
DIX.

### Cataplasms.

*Softening*—Oil-Nut Leaves, with Cassada Bread, and Oil or Pork Lard.—Calabash Guts, roasted, also the Guts of the common Gourd. The French apply the Calabash Poultice to Burns, and to the shaved Head in the *Coup de Soleil*, or Stroke of the Sun.—Indian Arrow-Root, pounded.—Green Wythe (*Arum*), roasted.—Chickweed (*Helleborum cordat.*), the Plant heated and bruised.

*Maturing*—Lily-Roots, roasted.—Guts of Oranges, roasted.—Curatoc Leaf, roasted.—Fresh Roots of the different Cocos applied raw.

### Embrocations and Liniments.

Soap-Berries, bruised and mixed with Rum, in Rheumatism.

Dumb-Cane, bruised Root mixed with Pork Lard, and heated over the Fire, to be rubbed on Dropsical Limbs.

Capficuin Berries, bruised and mixed with Lard, to be rubbed on Paralytic Limbs. Cow-Itch sprinkled on the same.

Common Fig Leaves inflame, if kept long on a part.

GARLIC PEAR (*Grateva gynand.*)—The Bark of the Root vesicates or blisters, like Cantharides.

In a Detail of Country Remedies, the Fat of the Yellow Snake, though not so Simple, may be mentioned. The Negroes rub it on pained and swelled Joints, &c. *Labat* says it is much preferable to Viper's Fat.

### Ointments and Dressings for Ulcers, &c.

Green Tobacco Leaves, or the same of Catclaw (*Solan.*), pounded and applied to Sores with Vermin.

Curatoc Dressing, viz. Juice of the Curatoc Leaf, Lime-Juice, and Melasses, boiled together to a thick consistence.

THORN-APPLE.—Expressed Juice, made into an Ointment with Hog's Lard, good for irritable Sores. *Barnham*.

BITTER CASSADA (*Manihot.*)—Grated, and applied as a Poultice, an excellent detergent in foul Ulcers. *Martyn's Dict.*

Powder of the Bark of the Roots of the Prickly Yellow Wood, a good Antiseptic in Putrid Sores, answering in the place of Rhubarb or Colombo. See Mr. *Helfield's* account of it, in the *Royal Gazette*, March 8, 1794.

Plasters

*Plasters.*

Hog Gum, of the same nature as Burgundy Pitch.

Curatœ Juice, boiled to a thick consistence, spread on Leather, to be used in the Gout.

## ADVERTISEMENT.

MANY of the Plants recommended in the Catalogue of Simples, in the Appendix to the Medical Assistant, being imperfectly known, or perhaps wholly unknown, to some of those who have the greatest occasion to use them, it has been suggested to the Author, that he should have given a short and clear description of them:—This he would have done, were he satisfied that it could have answered the purpose intended; but such descriptions as those given by Dr. *Barkham*, or that are not scientific, are of little or no use in conducting the search; and there are few of those for whom this work was chiefly intended, either versant in Botany, or who have leisure for such a Study. The only way, therefore, of supplying the deficiency of the Work in this respect, would be by Engravings or Figures. The Author has such an undertaking in view; viz. of publishing a set of Engraved Figures, of all the Medicinal Plants, except such as are perfectly familiar, of a size to bind up with the present Edition of the Work. He only waits to know how far such a Publication, describing and designating the Plants by their various names, &c. mentioning their place of growth, season of gathering, &c.; with a reference to the Medical Assistant for their properties and uses, may be deemed necessary, and whether the encouragement it is likely to meet with, would justify the expence.

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- FEVERS.**—*Purges; viz.* Tamarinds.—Vervain.—Cassa.—Calabash.—Cerafee.  
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—Mahogany Bark.—Bully Tree Bark.—Contrayerva.—Locus Tree.—Lilac, or  
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- FLUXES.**—*Vomits and Purges; viz.* Yellow Thistle.—Castor-Oil.  
*Demulcent or Sheathing Medicines; viz.* Ochrow.—Vangloe.—Indian Arrow-Root.  
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- Astringents; viz.* Guava.—Logwood.—Adrue.—Pomegranate.—Birch Tree.—Ma-  
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- BELLY-ACHE.**—Yellow Thistle.—Euphorbia (*Caacica*).—Wild. Cassida.—  
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- DROPSY.**—Camboge Thistle.—Common Physic Nut.—Castor-Oil Nut.—  
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- CONVULSIONS and EPILEPSY.**—Prickly Yellow Wood.—Eryngo, or Sinking  
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ADDENDA



## ADDENDA TO YELLOW FEVER.

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THE Author of the foregoing Work was in great hopes that the promised Publications on Yellow Fever would have enabled him, in the conclusion, to give his Readers some further and more satisfactory information on that deeply interesting subject, and to announce a new and more successful mode of treatment; but in this he is disappointed, for these Publications have not yet appeared, and he has to lament that he cannot, either from his own experience, or from what he can learn of that of others, add much to what has been already said. As this Fever, however, continues to make its ravages, not only among European new-comers, but now and then among Creoles, who have been for any length of time absent from their native climate, it ought seriously to engage the Attention of the Medical Faculty, and of all scientific and informed men. I should, therefore, think myself wanting in the duty I owe the Public, were I not to communicate the result of such observations and inquiries as I have had the opportunity of making, and to impart my sentiments freely on the different modes of practice; but this I shall do without any intention of arraigning the opinions of others, from whom I may differ on so difficult a matter. *Venesection*, or blood-letting, as advised by *Hilary*, *Moseley*, *Rush*, *Jackson*, and others, though apparently indicated, and according to report very successful, in America and San Domingo, has not been found so by the generality of Practitioners in this island, and has few advocates left, even amongst those who are inimical to the use of Mercury. It is easy to conceive that, although the Fever of San Domingo and of America, was not essentially different from the Yellow Fever of Jamaica, yet some incidental variation in it, resulting from climate,

or from a combination of contagion with miasmata, might render a practice salutary in one place, that might be less so, or that might be even prejudicial in another; nay, in the same country; a practice which may be successful at one season, will not be found so at another. This is evinced by the history of almost all Epidemics which, at different periods, and in different parts of the world, have required a different treatment. The absolute and unqualified adoption, or rejection, of any particular mode of practice, is, therefore, not commendable, or consistent with reason and good sense. Venesection, though in general hurtful, may, possibly, under particular circumstances, and at particular periods, be not inadmissible; though it may not be defensible on the principles laid down by some Writers, or in the extent recommended. In the opinion of some Gentlemen who employ Mercury, a single bleeding ensures the absorption, or taking of it up and carrying it into the system, so as to bring on more speedily an affection of the mouth.

Venesection should always, according to the advice of Dr. Jackson, precede the affusion of cold water, where that practice is followed.

Whether the mode of treatment by Calomel and Mercurial Frictions has been successful to that extent it was pretended, it is perhaps hazardous to determine, it certainly is not infallible, and is often productive of consequences, that are seriously to be deprecated. Till, however, some new and more efficacious mode of cure is explored, this, with all its inconveniencies and uncertainty, must be persevered in.

What makes it difficult to ascertain with precision the utility of Mercury, is the indiscriminate use of it in all fevers with which new-comers are attacked. It may be fairly presumed, that many of the cases where it was seemingly successful, would have done very well under any other mode of treatment; whilst, on the other, many of those that proved fatal,

## ADDENDA TO YELLOW FEVER.

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fatal, were so, not from the Mercury, but from the force and malignity of the Fever.

It still, therefore, remains a question:—Has the administration of Mercury in Yellow Fever, as it exists or occurs in this island, a tendency to obviate danger, or to ensure recovery?

To the testimony of so many respectable Authorities,\* it is hardly necessary for the Author to add his; but, so far as his experience goes, he is warranted in saying, upon the fullest conviction, that it *has*; for he has often seen that, when the Mercury was desisted from, and the salivation abated, the patient grew worse; that, upon repeating it, and the salivation returning, he got better; and this for several successive turns...

The employment of Mercury is not incompatible with any other means recommended by those who object to it; it is, therefore, as was formerly observed, giving the patient a double chance; for, when all other methods have failed, and nothing more can be done under any other plan of cure, he has still a chance of recovering by this; at all events, should he die, it will not be from the effects of the Mercury; for the hæmorrhagies that happen, and that have been represented as the effect of a dissolved state of the blood, occasioned by Calomel, occur just the same where no Mercury is exhibited. See Dr. *Fowle's Treatise on West-India Fevers*.

Of other remedies in Yellow Fever; viz. † Nitric Acid, Muriatic Acid,

\* Rush, in America—Clark, at Dominica—Leriprière, Jamaica—Bean, at Surinam—Anderson, Grenada—Eusbridge, on board an East-Indiaman—Mosman, see *Phys. Med. Jour.* No. 25—Mr. Larey, Jamaica—lastly, Chisholme, who should have been first mentioned. A new and enlarged Edition of Dr. Chisholme's Work, on the Malignant and Pestilential Fever, is lately announced, in which he has vindicated his former practice of giving Mercury.

† The new Theory and Practice of Professor Reich, which, by its bold pretensions, excited



## ADDENDA TO YELLOW FEVER.

Acid, Spruce Yeast, Leaven, Cayenne Pepper,\* &c. it is impossible to speak: no facts or experience having been made public, to give them any degree of credit, or such a degree of credit as to put them in competition with others better known, and in more general use, though they may, in conjunction with these, be all serviceable.

cited so much curiosity, is at length unfolded; it consists in the use of the Mineral Acids, particularly the Muriatic. It will be happy for mankind, should experience confirm what the Professor has so confidently advanced. See *Med. and Phys. Journal*, for February, 1801.

\* A Practitioner of this Town informs me, that he has found the combination of Cayenne Pepper with Calomel very useful, in making it sit easy on the stomach, in cases of vomiting; and, he thinks, in rendering it more active in the system.

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[The following Paragraph on INCONTINENCY OF URINE should have appeared in page 252.]

INCONTINENCY of Urine, or a perpetual dribbling, arises in Children, sometimes from weakness, at others from the mind's not having gained the usual command over the Sphincter, or Muscle constricting the Neck of the Bladder. In the former case, the Cold Bath and other Tonics are proper remedies, as also Tincture of Cantharides, and Blisters applied to the Os Coccygis, or Crupper-Bone. In the latter case, where perhaps the nurse is sometimes to be blamed, shame and terror are the only cure, as is known from the practice in Boarding Schools.—When Incontinence of Urine arises from Palsy, occasioned by injuries to the Spine, or Back-Bone, it is rarely curable. Blisters and Electricity may be tried. See PALSY.—When the Disease is incurable, there is a contrivance called a Yoke, which may be used with boys, or an elastic Bottle appended. In females, Sponge must be worn, for absorbing the Urine, and preventing excoriation.



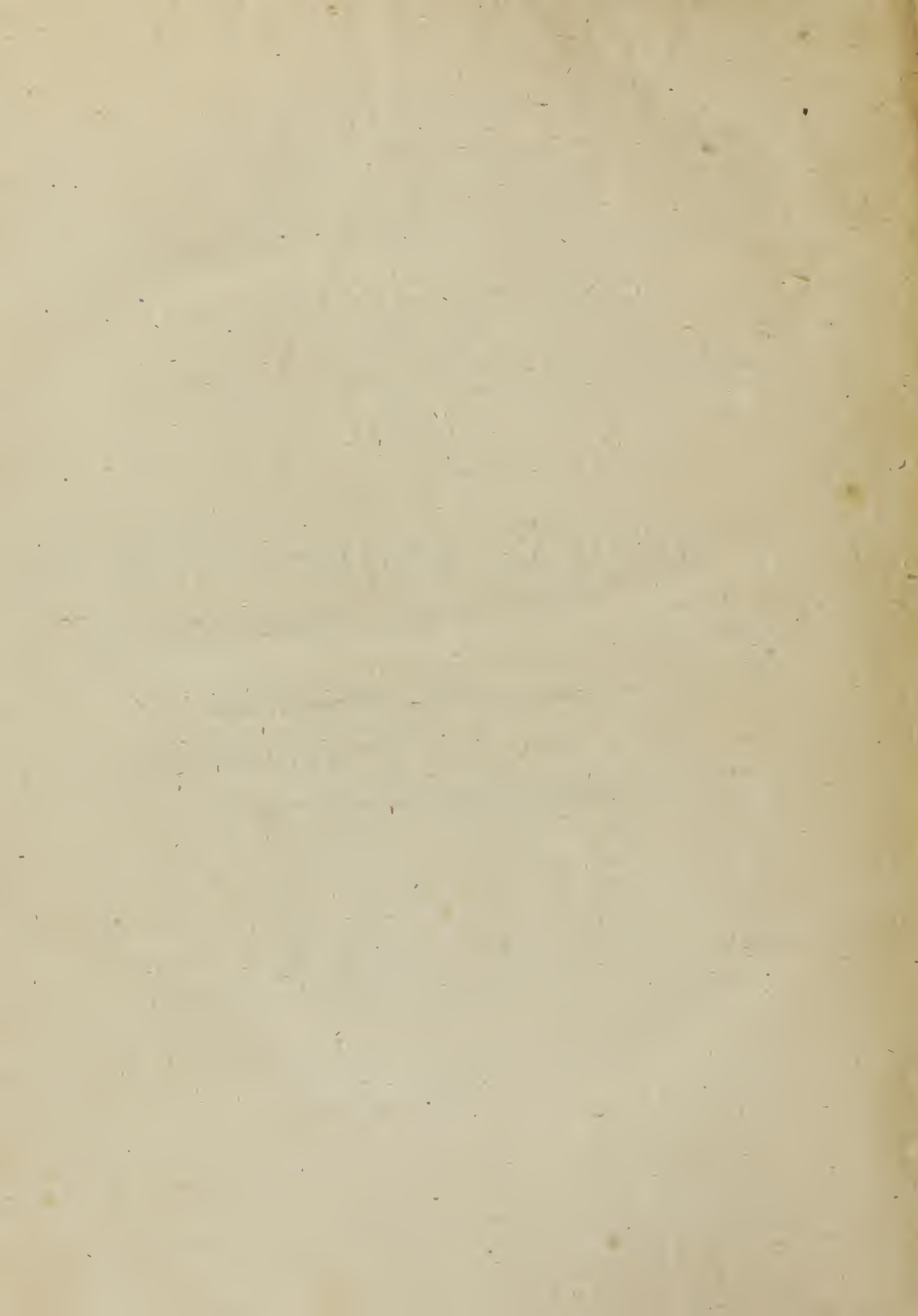
CORRECTIONS AND ADDITIONS  
TO THE  
*MEDICAL ASSISTANT, &c.*

---

BY THOMAS DANCER, M.D.

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N. B. *This Work is sold at his Majesty's Printing-Office, and  
at the Shop of Messrs. Meyer and Schutze, Kingston.*



## ADVERTISEMENT.

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A NUMBER of *Errata*, in the References to the *Formulae* in the MEDICAL ASSISTANT, having escaped Notice, they are, in the following Pages, corrected; the *Formulae* likewise, that were by Mistake omitted, are now printed: Some new Remedies are added, along with a few Remarks, that may render the Work a still more useful one for Families and Plantations.

# ERRATA

IN

## *The References to the Formulæ, &c.*

---

- Page 71, paragraph 2, *instead of Clyster, No. 40, read Clyster, No. 63.*  
74, last line, *instead of No. 9, read No. 17.*  
108, paragraph 2, "Antimonial Opiate," *instead of No. 47, read No. 17.*  
119, 2, "Gargles," *instead of No. 54, read No. 76.*  
120, 6, "Gargles, No. 54," *read No. 76.*  
132, 1, "Astringent Injection and Suppository, No. 41, 42," *read*  
*No. 64, 65.*  
141, near the bottom, "Oil of Amber, No. 61," *read No. 39.*  
169, *delete the Numbers, and read, See Index to Country Remedies.*  
256, paragraph 1, *delete No. 131, then read, No. 90, 91, 92.*  
257, last paragraph, "Astringent Injection, No. 132," *read No. 64.*  
*Ib.* last line, *read, or Clyster, No. 33, (B.)*

## *Other ERRATA, not corrected.*

- Page 112, line 13, *read "harassed by want of sleep."*  
114, 20, *instead of itching of the Arms, read itching of the Anus.*



# FORMULÆ

## OMITTED.

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### No. 125. *Lotion of Sal Armoniac, to be used in Sprains and Inflammations.*

Take Vinegar and Water, equal parts, or 2 parts Water and 1 Vinegar; and add Crude Sal Armoniac, in the proportion of 1 or 2 dr. to a quart.—Camphorated Spirits may be occasionally added.—A sufficient quantity of this should be kept always ready in every Hot-House.

### No. 126. *Collyria, or Eye-Waters.*—See p. 243.

(A.) Take White Vitriol, 1 dr.—Dissolve in a quart of Boiling Water; then add a small quantity of Camphorated Spirits, and strain through paper or fine linen.—This, like the foregoing *Formula*, should be kept always prepared.—A few drops of Laudanum may be occasionally added before use\*.

#### (B.) COLLYRIUM.

Take Sugar of Lead, and dissolve in Rose-Water, or in pure common Water, in the proportion of 2 or 3 gr. to the oz.—To this a small quantity of Camphorated Spirits, or a few drops of Laudanum, may, as directed above, (A.) be added.

#### (C.) COLLYRIUM.

Take Spirits of Mindererus, (see additional *Formula*, p. 346,) and Rose-Water, or pure common Water, equal quantities.—To which may be added a little Camphorated Spirits, or Laudanum, as directed above, (A.) (B.)

#### (D.) ALUM POULTICE FOR THE EYES.

Take a piece of Alum, and the Whites of two or more Eggs.—Shake them together till a curd is formed, which separate carefully from the Alum, and spread on Lint.—To be applied to the closed Eye-Lids at bed-time.—This may

\* It was before remarked, p. 243, that *Collyria* are much more beneficial when used by means of an Eye-Cup. Eye Cups may be had of Mr. Menzies, Druggist, in Kingston.

## FORMULÆ OMITTED.

may be more advantageously prepared, by putting the Whites of the Eggs into a leaden or pewter vessel, and rubbing with Alum; and, instead of applying it simply, it may be mixed with Conserve of Roses, or bruised Rose-Leaves, bruised Pomegranate-Flowers, &c.

### No. 127. *Eye-Ointments.*

- (A.) Take Simple Cerate \*, 5 parts.—Finely prepared Lapis Calaminaris, 1 part.—Mix well together, by rubbing on a China tile or plate.
- (B.) Take Simple Ointment †, 6 parts.—Powdered White Vitriol, 1 part.—Mix well together, by rubbing as above, (A.)—A small quantity of the above, or of any other of the common Eye-Ointments, is to be applied to the Edges of the Eye-Lids, by means of a Hair-Pencil or Feather, as directed, p. 244.

\* Simple Cerate is made by melting Olive-Oil, 6 parts.—White Wax, 3 parts.—Spermaceti, 1 part.

† Simple Ointment is made by melting together Olive-Oil, 5 parts.—White Wax, 2 parts.

## ADDITIONAL

### REMEDIES and REMARKS.

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**I**NFLUENZA.—Since the publication of the Medical Assistant, an Epidemic Catarrh, or Influenza, has occurred, which spread itself over the whole island, and was particularly fatal to Negroes. It is proper to remark, that the Treatment found successful in this part of the country, was the Antiphlogistic one, recommended in *pages* 116 and 138. When the Pulse continued very strong, and the Pain did not abate after repeated Bleedings, the Tincture of Fox-Glove was in many instances of great use. A Practitioner of this Town observed, that a number of his Patients, labouring under this Catarrh, were afflicted with Strangury; for which the *Balsam Capivi* was found an effectual Remedy, whilst it also proved an useful Expectorant.

*Tetanus*.—Sundry new Remedies have been suggested against this direful Malady, so common and so fatal in the West-Indies. One proposed by Dr. Mease, of *Philadelphia*, both against this Disorder, and the *Hydrophobia* \*, promises, from the trials made of it, to be of the greatest use in the former, if not in the latter. This Remedy is the Powder, or Tincture, of *Cantharides*, which is to be given in such Doses † as to bring

\* Observations on the Arguments of Dr. Rush, in favour of the inflammatory Nature of the Disease, produced by the Bite of a Mad Dog; by James Mease, M. D. *Philad.* Also, Medical Repository, Vol. IV. *New-York*.

† Ten or fifteen drops of the Tincture every hour till Strangury, or considerable heat, and pains in the bowels, be produced. On the same principle, *vis.* That of exciting Strangury, or counter-irritation, Cantharides are successfully administered in Hooping Cough, and Pleurifies.

## ADDITIONAL REMEDIES *and* REMARKS.

bring on a considerable degree of Strangury ; upon which its efficacy depends. The Gripes, Bloody Stools, &c. which may be occasioned by the Medicine, are of less consequence than the Spasms; these symptoms, when the spasms are got the better of, will admit of speedy alleviation, from the use of demulcent Drinks, and emollient Clysters.

*Dysentery*.—*Dr. Wright*, formerly of this island, and the author of several papers on the subject of West-India Diseases and Remedies, has lately published a new edition of a Work by *Dr. Grainger*, of *St. Kitt's*, with Notes. *Dr. Wright* has repeated his recommendation of a remedy, formerly found very successful in *Dysentery*, viz. *Lime-Juice and Salt* \* ; and adds, that it is found no less beneficial in *Cholera Morbus*, *Hooping Cough*, and in *Diabetes*. Another Remedy in *Dysentery* has come lately into use, and is highly spoken of; this is the *Zezebery*, a species of *Sesamum* or *Vanglo* †. Without calling the good effects of this Remedy into question, the same, it is presumed, may be expected from other Demulcents, or from the Mucilage of other Plants similarly obtained. When therefore the *Zezebery*, as it is called, is not at hand, it may be worth while to try the Mucilage of *Ochro*, the wild *Ochro* (*Malachra capitata*), or any of the Malvaceous Plants ‡.

*Dirt-Eating*.—When the author suggested the trial of Mercury in this Disease, he did not know that it had been recommended by others §, and

\* Lime-Juice, 3 oz.; as much common Salt as will dissolve therein; add a pint of Water, and 2 oz. of Sugar.—Dose, 2 table-spoons full every 3 or 4 hours.

† See Captain *Huxley's* Letter to an Honourable Member of the House of Assembly. The efficacy of this Medicine, as an *auxiliary* in the cure of *Dysentery*, has been confirmed by *Dr. George Spence*, of Falmouth, in *Trelawny*. See *Cornwall Chronicle*.

‡ A Gentleman of the parish of *St. David*, *Mr. Bull*, has shewn me a Plant, (the *Hibiscus malvaviscus*), that gives out an abundant quantity of clear, colourless, and tasteless, Mucilage; and which no doubt will be found to answer the same purposes as that of the *Vanglo*.

§ See *Dr. Chisholm*, in the *New-York Medical Repository*.



## ADDITIONAL REMEDIES *and* REMARKS.

and found unsuccessful. A regard to truth obliges him now to say, that, from the reports he has received of the cases where it was employed, his expectations have been disappointed. It has in few instances done any good, at the same time it does not appear to have done much harm.

*Yaws and Leprosy.*—The *Nitric Acid*, and the *Oxygenated Muriate of Potash*, from the Reports of Dr. Chisholm, and some other Gentlemen in the Windward Islands, appear to have great efficacy in these Diseases \*.

*Ulcers.*—The Nitric Acid Bath, or Nitric Acid added to Fomentations, has been found highly serviceable in Phagedænic, Gangrenous, Sores.

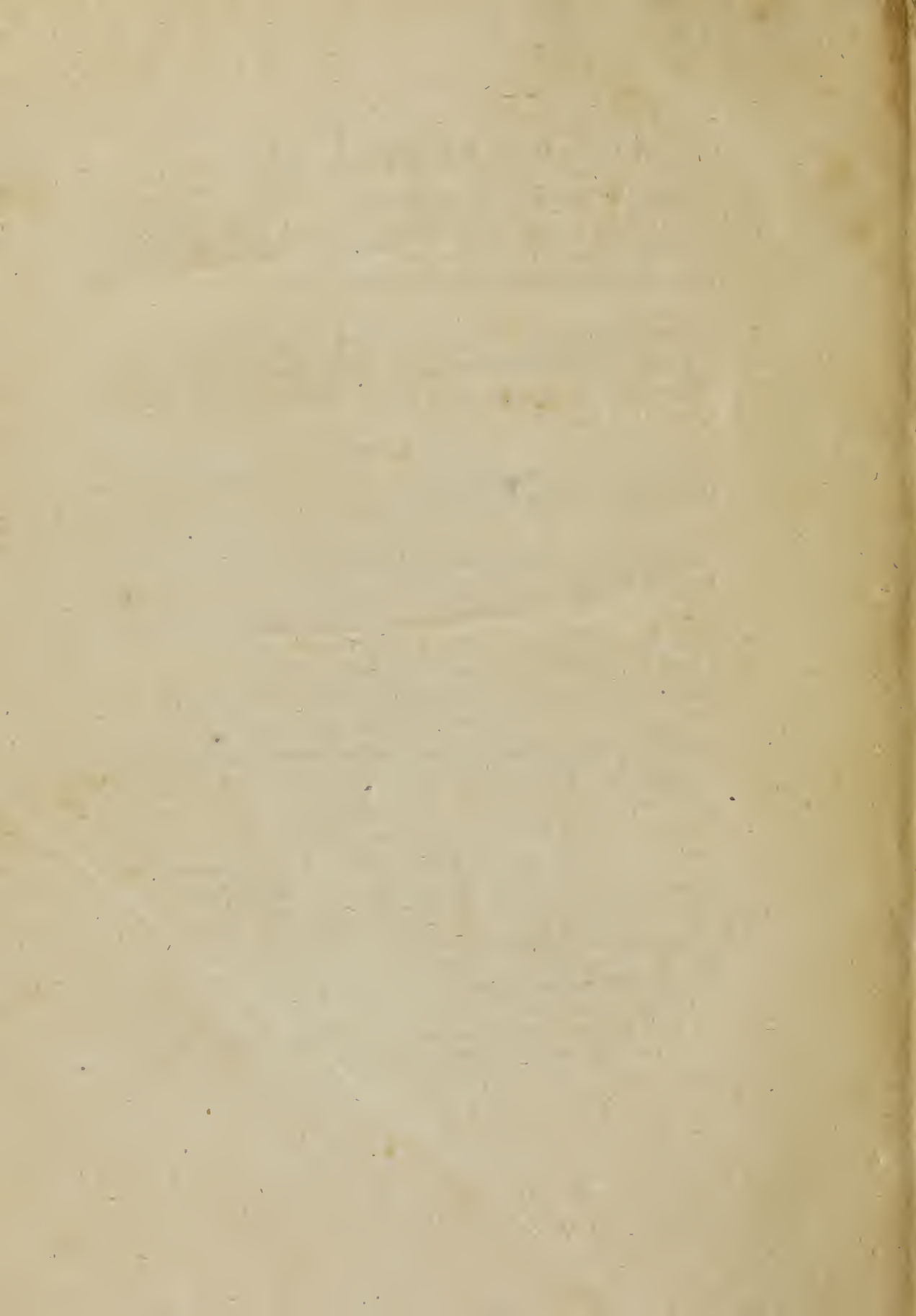
*Ring-Worm.*—Tobacco-Ashes; Infusion of Fox-Glove; Solution of Borax in Vinegar.

*Worms.*—It was mentioned, *page* 563, that the Bark of the *Melia* †, Hoop-Tree, or Bead-Tree, had been given in the East-Indies as a febrifuge; in North-America, the inner Bark of the Root is employed for killing Worms. “The Root of this Tree has a thin reddish Bark, or outer Skin, which is deleterious, and must be carefully scraped off from the second, or inner thick white Bark: Put a handful of the shavings of this white Bark, in a quart of Water; boil over a slow fire, to a pint; when settled, pour off, and sweeten. Dose, a wine-glass full, three mornings successively: After which, a Cathartic (Castor-Oil) is to be administered.” Worms of every species are destroyed by this Medicine; for an account of which I am indebted to Mr. Hylton, a gentleman of great philanthropy, and most diligent inquiry ‡.

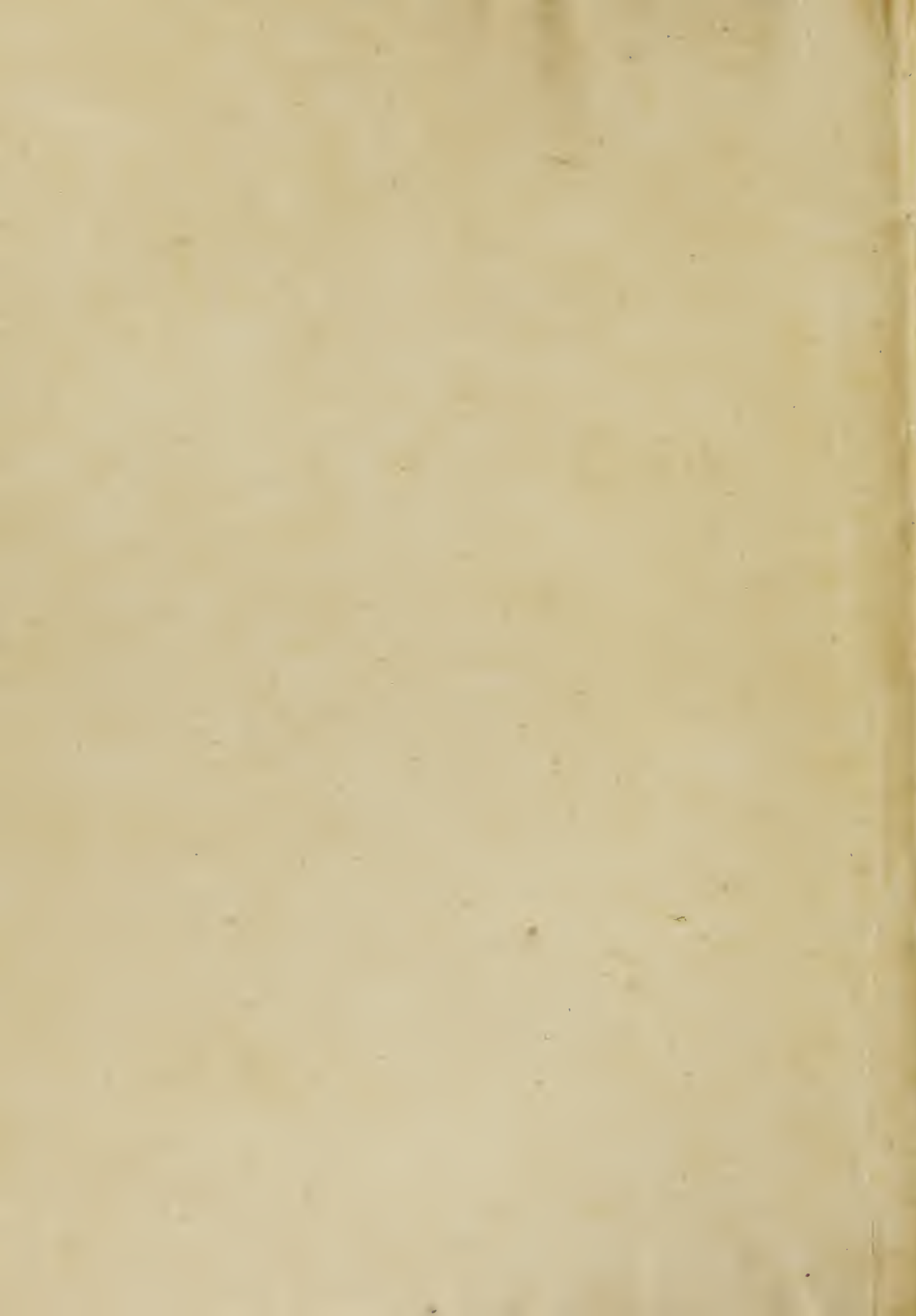
\* See *Chisholm* on the Pestilential Fever of Grenada, &c. Vol. II.

† *Melia Azaderach*, *Linn.*

‡ A specimen of the Root of this Tree, and the Bark proper for use, as a vermifuge, may be seen at the shop of *Mr. Menzies*, Druggist, in *Water-Lane*.









Med. Hist.

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